

FALL 2019 PROGRAM GUIDE

Alexandria

DEPARTMENT OF RECREATION, PARKS & CULTURAL ACTIVITIES



SPORTS CLASSES & LEAGUES pg. 21

Aquatics pg. 2

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Special Events pg. 28



Registration Begins Wednesday, August 14

Calling all Photographers!



Share your best original photos taken at any City of Alexandria Department of Recreation, Parks and Cultural Activities park, center, program or event that represent the Department's mission to "enrich the City of Alexandria by creating meaningful experiences through public space, cultural activities, and programming."

All photos have the possibility of being used in publications and promotions, and great prizes are up for grabs for the winning photos!

2019 RPCA PHOTO CONTEST

Submission Dates: Sept. 13–Oct. 15

Public Voting: Nov. 1–15

Winners Announced: Dec. 2



Visit alexandriava.gov/Recreation to submit a photo, vote, see winners, or for additional information.



NEW THIS SEASON **NEW!**

Teen Social Club pg. 16



Family Art Blast pg. 19



Group Personal Training
pg. 8



Autumnal Cupcake Wars
pg. 14

ON THE COVER: Eleven-year-old Victoria Patrick drives to the basket in the Winter Basketball League (pg. 12) in this 2018 RPCA photo contest submission. *Photo Credit: Anna Jaeger Photography.*

IT'S BACK! Returning by popular demand.

INCLUSION Programs for all abilities.

+ADULT Adult participation required.

DROP-IN No registration required, show up.

NEW! New this season.

55+ Ideal for ages 55 & up.
See pg.32.

TR Designed for individuals with disabilities. Assessment required. See pg.33.

Before or after care available.

City of Alexandria Recreation, Parks & Cultural Activities Department's goal is to provide service that is:

- Responsive
- Professional
- Courteous
- Accountable

Please tell us about your experience by completing an Experience Survey at alexandriava.gov/Recreation or email RPCAcustomer.care@alexandriava.gov.

Your feedback is important to us!

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ACTIVITY NUMBER	SECTION NUMBER	DAY	CLASS TIME	START & END DATE	NUMBER OF CLASSES	FEE	LOCATION
322610-01		F	11-11:45am	1/18-4/12	12	\$169	NLRC
CLASS SIZE	BBPK	Ben Brenman Park 4800 Brenman Park Dr.					
Min 6/ Max 10	BFNC	Jerome Buddie Ford Nature Center 5750 Sanger Ave.					
	CBRC	Charles Barrett Recreation Center 1115 Martha Custis Dr.					
	CHRC	Charles Houston Recreation Center 901 Wythe St.					
M = Monday	CKRC	Leonard "Chick" Armstrong Recreation Center 25 West Reed Ave.					
Tu = Tuesday	CQRC/CQPK	Chinquapin Park Recreation Center & Aquatics Facility 3210 King St.					
W = Wednesday	DMES	Douglas MacArthur Elementary School 1101 Janney's Ln.					
Th = Thursday	FDES	Ferdinand T. Day Elementary School 1701 N. Beauregard St.					
F = Friday	FHMS	Francis C. Hammond Middle School 4646 Seminary Rd.					
Sa = Saturday	GWMS	George Washington School 1005 Mt. Vernon Ave.					
Su = Sunday	JAES	John Adams School & Recreation Center 5651 Rayburn Ave.					
	JHES	Jefferson Houston School 1501 Cameron St.					
	JPES	James K. Polk Elementary School 5000 Polk Ave.					
	LEEC/LCCM	Lee Center & Lee Center Complex 1108 Jefferson St.					
	LMFD	Limerick Field 1800 Limerick St.					
	MVRC	Mount Vernon Recreation Center 2701 Commonwealth Ave.					
	NLRC	Nannie J. Lee Recreation Center 1108 Jefferson St.					
	ODRC	Oswald Durant Center 1605 Cameron St.					
	ODTPL	Old Town Pool 1609 Cameron St.					
	PHRC	Patrick Henry Recreation Center 4653 Taney Ave.					
	PYPK	Potomac Yard Park 2051 Potomac Ave.					
	TFAC	Torpedo Factory Art Center 105 N. Union St.					
	TCHS	T.C. Williams High School 3330 King St.					
	TCMH/MHPK	T.C. Williams High School Minnie Howard 3701 W. Braddock Rd.					
	WRFD	Witter Recreational Fields 2700 Witter Dr.					
	WRRC	William Ramsay Recreation Center 5650 Sanger Ave.					



The City of Alexandria Department of Recreation, Parks and Cultural Activities received national re-accreditation from the Commission for Accreditation of Park and Recreation Agencies (CAPRA) in October 2014. National accreditation requires that park and recreation agencies meet 155 standards representing elements of effective and efficient park and recreation operations.

MAKE A SPLASH! Learn to swim or enjoy a healthy aquatic workout while having fun.



ALEXANDRIA SWIM ACADEMY NEW!

Learn to swim with confidence. The **new and improved** Alexandria Swim Academy offers American Red Cross swim lessons for infants, youth, teenagers and adults. With lessons for those ages six months and older, you and your entire family can learn to master the skills needed to help you swim safely and enjoyably for life.



Swimming lessons are tailored by age, skill level, and the needs of each student so that they can progress at a comfortable pace. Although some students advance more quickly or slowly, our certified Water Safety Instructors ensure that everyone receives the instruction they need. Lessons are designed to build skills one step at a time. By giving students the opportunity to master one element before moving on to the next, Alexandria Swim Academy lessons make it easy to have fun and build confidence in the water. **Visit alexandriava.gov/Aquatics for an FAQ about the changes to swim lesson programs based on your feedback.**

Swim lesson curriculums are outlined by swim skill levels. Look for these levels in the lesson descriptions.

- **Parent and Child Aquatics:** Students and their parents will receive orientation to the water and techniques to prepare students for independent lessons.
- **Level 1:** Introduction to Water Skills: Students will learn how to feel comfortable in the water and safely enjoy it.
- **Level 2:** Fundamentals of Aquatic Skills: Students will learn basic swimming skills.
- **Level 3:** Stroke Development: Additional guided practice will help students improve their skills.
- **Level 4:** Stroke Improvement: Students will gain confidence, improve their stroke and gain additional aquatic skills.
- **Level 5:** Stroke Refinement: Guidance allows students to refine their strokes and become more efficient swimmers.
- **Level 6:** Swimming and Skill Proficiency: Students will learn to swim with ease and efficiency, and gain the ability to swim smoothly over greater distances.

Water Explorers +ADULT

Ages 6 mos.-4 yrs. with adult. You and your little swimmer will progress through Parent and Child Aquatics Level 1 and 2 skills in a group setting. Instructor to student ratio 1:12. Min 4/Max 12. No class 10/14, 10/21.

Ages 6-23 mos.

234240-01	M	11:15-11:45am	9/23-11/11	6	\$89	CQRC
234240-02	Sa	8:15-8:45am	9/28-11/16	8	\$109	CQRC
234240-03	Sa	8:50-9:20am	9/28-11/16	8	\$109	CQRC
234240-04	Sa	9:25-9:55am	9/28-11/16	8	\$109	CQRC
234240-05	Su	8:50-9:20am	9/29-11/17	8	\$109	CQRC
234240-06	Su	9:25-9:55am	9/29-11/17	8	\$109	CQRC

Ages 2-4

234240-07	M	11:50am-12:20pm	9/23-11/11	6	\$89	CQRC
234240-08	Sa	8:15-8:45am	9/28-11/16	8	\$109	CQRC
234240-09	Sa	8:50-9:20am	9/28-11/16	8	\$109	CQRC
234240-10	Sa	9:25-9:55am	9/28-11/16	8	\$109	CQRC
234240-11	Su	8:50-9:20am	9/29-11/17	8	\$109	CQRC
234240-12	Su	9:25-9:55am	9/29-11/17	8	\$109	CQRC

Alex Swim Levels 1-3

Ages 3-12. Your swimmer will receive an assessment on the first day, and be assigned to a Level 1, 2, 3, or 4 lesson group. Instructor to student ratio 1:6. Min 12/Max 24.

Ages 3-5

234241-01	Sa	10:10-10:40am	9/28-11/16	8	\$109	CQRC
234241-02	Sa	11:20-11:50am	9/28-11/16	8	\$109	CQRC
234241-03	Su	10:10-10:40am	9/29-11/17	8	\$109	CQRC
234241-04	Su	11:20-11:50am	9/29-11/17	8	\$109	CQRC

Ages 6-12

234241-05	Sa	10:45-11:15am	9/28-11/16	8	\$109	CQRC
234241-06	Sa	11:55am-12:25pm	9/28-11/16	8	\$109	CQRC
234241-07	Sa	12:30-1pm	9/28-11/16	8	\$109	CQRC
234241-08	Su	10:45-11:15am	9/29-11/17	8	\$109	CQRC
234241-09	Su	11:55am-12:25pm	9/29-11/17	8	\$109	CQRC

FINS Level 1

Ages 3-12. Focused Instruction for New Swimmers offers a smaller group learning environment with a focus on Level 1 swim skills. Instructor to student ratio 1:3. Min 2/Max 3. No class 10/14, 10/21, 10/31.

Ages 3-5

234248-01	M	12:25-12:55pm	9/23-11/11	6	\$149	CQRC
234248-02	M,W	4-4:30pm	9/23-10/16	7	\$175	CQRC
234248-03	M,W	4:35-5:05pm	9/23-10/16	7	\$175	CQRC
234248-04	Sa	8:15-8:45am	9/28-11/16	8	\$199	CQRC
234248-05	Sa	9:25-9:55am	9/28-11/16	8	\$199	CQRC
234248-06	Su	9:25-9:55am	9/29-11/17	8	\$199	CQRC

Ages 6-12

234248-07	M,W	4-4:30pm	10/21-11/13	8	\$199	CQRC
234248-08	M,W	4:35-5:05pm	10/21-11/13	8	\$199	CQRC
234248-09	Tu,Th	6:15-6:45pm	9/24-10/17	8	\$199	CQRC
234248-10	Su	6:15-6:45pm	9/29-11/17	8	\$199	CQRC
234248-11	Tu,Th	6:15-6:45pm	10/22-11/14	7	\$175	CQRC

FINS Level 2

Ages 3-12. Focused Instruction for New Swimmers builds on Level 1 skills in a small group learning environment with a focus on Level 2 swim skills. Instructor to student ratio 1:3. Min 2/Max 3. No class 10/14, 10/21, 10/31.

Ages 3-5

234249-01	M	1-1:30pm	9/23-11/11	6	\$149	CQRC
234249-02	M,W	5:10-5:40pm	9/23-10/16	7	\$175	CQRC
234249-03	Sa	8:50-9:20am	9/28-11/16	8	\$199	CQRC
234249-04	Su	8:50-9:20am	9/29-11/17	8	\$199	CQRC

Ages 6-12

234249-05	M,W	11:55am-12:25pm	10/21-11/13	8	\$199	CQRC
234249-06	Tu,Th	6:50-7:20pm	9/24-10/17	8	\$199	CQRC
234249-07	Tu,Th	6:50-7:20pm	10/22-11/14	7	\$175	CQRC

Alex Swim Level 4

Ages 6-12. Your swimmer will continue to gain confidence and refine strokes in this Level 4 group lesson. Instructor to student ratio 1:6. Min 4/Max 12.

234244-01	Su	12:30-1pm	9/29-11/17	8	\$109	CQRC
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Alex Swim Level 5

Ages 6-12. Your swimmer will continue to refine strokes and power in this Level 5 group lesson. Instructor to student ratio 1:6. Min 3/Max 6. No class 10/31.

234245-01	Th	4:50-5:20pm	9/26-11/14	7	\$99	CQRC
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Alex Swim Level 6

Ages 6-12. As your swimmer continues to swim longer distances with greater efficiency, they will also be introduced to aquatic sports that will build upon their skills in this Level 6 group lesson. Instructor to student ratio 1:6. Min 3/Max 6. No class 10/31.



234246-01	Th	5:25-6:10pm	9/26-11/14	7	\$99	CQRC
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Homeschooler Beginner Swim

Ages 6-17. Swimming is a great way for school-age youth to fulfill their homeschool physical education requirements. Your swimmer will learn Level 1 and 2 swim skills in a group lesson, plus enjoy free swim after the lesson. Instructor to student ratio 1:6. Min 3/Max 6. No class 10/14, 10/21.

234214-01	W	10:30-11:30am	9/25-11/13	8	\$155	CQRC
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Homeschooler Advanced Swim

Ages 6-17. Swimming is a great way for school-age youth to fulfill their homeschool physical education requirements. Students will learn Level 3 and 4 swim skills in a group lesson, plus enjoy free swim after the lesson. Instructor to student ratio 1:6. Min 3/Max 6. No class 10/14, 10/21.

234215-01	F	1:30-2:30pm	9/27-11/15	8	\$155	CQRC
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Youth Swim Clinic

Ages 6-17. A quick and fun way to focus on specialized Level 4-6 swim skills, clinics prepare your swimmer for advanced aquatic sports. Instructor to student ratio 1:6. Nonresidents \$20. Min 4/Max 6.

Dives and Starts

234232-01	Su	9:30-10:30am	12/8	1	\$15	CQRC
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Flips and Turns

234232-02	Su	9:30-10:30am	12/15	1	\$15	CQRC
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City of Alexandria is a proud member of the USA Swimming Foundation's Make A Splash water safety initiative to teach every child to learn to swim and convey the importance of water safety.

Teen Swim Team Prep

Ages 13-17. Is your teenage swimmer interested in joining their high school swim team? This lesson will help them increase their stamina and stroke mechanics in preparation for a successful swim team season. Instructor to student ratio 1:6. Min 4/Max 6.

234213-01	Tu,Th	4-4:45pm	9/24-10/17	8	\$155	CQRC
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Adult Beginner Swim

Ages 13 & up. You will learn Level 1 and 2 swim skills in this group lesson designed to meet the needs of adult learners. Instructor to student ratio 1:6. Min 3/Max 6. No class 10/14.

234230-01	M,W	5:45-6:30pm	9/23-10/16	7	\$139	CQRC
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234230-02	M,W	6:35-7:20pm	9/23-10/16	7	\$139	CQRC
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234230-03	M,W	5:45-6:30pm	10/21-11/13	8	\$159	CQRC
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234230-04	M,W	6:35-7:20pm	10/21-11/13	8	\$159	CQRC
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Adult Advanced Swim

Ages 13 & up. Improve your stroke by learning Level 3 and 4 swim skills in this group lesson designed to meet the needs of adult learners. Instructor to student ratio 1:6. Min 4/Max 6.

234231-01	Su	12:30-1pm	9/29-11/17	8	\$109	CQRC
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Adult Swim Clinic

Ages 13 & up. Clinics are a quick and fun way to focus on specialized Level 4-6 swim skills, and prepare students for lap swim, masters swim, or triathlons. Nonresidents \$20. Instructor to student ratio 1:6. Min 4/Max 6.

Freestyle Mechanics

234233-01	Su	8:15-9:15am	12/8	1	\$15	CQRC
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Flips and Turns

234233-02	Su	8:15-9:15am	12/15	1	\$15	CQRC
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ALEXANDRIA ADAPTIVE SWIM ACADEMY

Dippers Adaptive Swim Level 1 TR

Ages 6 & up. You or your swimmer will learn to build comfort and acclimation to the water with adapted instruction in Level 1 swim skills. Parent participation may be required. Instructor to student ratio 1:3. Min 2/Max 3.

233001-01	Tu	5:00-5:30pm	9/24-10/29	6	\$125	CQRC
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Dippers Adaptive Swim Level 2 TR

Ages 6 & up. You or your swimmer will begin to work on independence and movement in the water with adapted instruction in Level 2 swim skills. Instructor to student ratio 1:3. Min 2/Max 3.

233002-01	Tu	5:40-6:10pm	9/24-10/29	6	\$125	CQRC
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Dippers Adaptive Swim Team Prep TR

Ages 6 & up. If you or your swimmer are considering participating in the Special Olympics, this adapted competitive swimming lesson covering swim Levels 4-6 will help you prepare for success. Instructor to student ratio 1:3. Min 2/Max 3.

234220-01	F	5-5:30pm	9/27-10/25	5	\$99	CQRC
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AQUA AEROBICS



Water Walking **DROP-IN**

Ages 18 & up. Let the water help you work! This non-weight bearing class will build, tone, and strengthen muscles and joints, while conditioning. Warm up, stretch, workout, and cool down to popular songs of the past and present. Min 6/Max 20. No class 11/28.

233100-01 Tu,Th 10:45-11:45am 10/1-12/12 21 \$169 CQRC

Aquatic Dance Exercise **DROP-IN**

Ages 18 & up. Do traditional exercises leave you bruised, battered, or just bored? Get fit in a fun, safe, and comfortable environment. Moving in chest deep water, the resistance will challenge you during a cardio routine, upper body toning, and core conditioning, set to music. Swimming ability not required. Instructor Cindy Marisch. Min 9/Max 25. No class 11/28.

233101-01 Tu,Th 6:30-7:30pm 10/1-12/12 21 \$229 CQRC

233101-02 Tu,Th 7:30-8:30pm 10/1-12/12 21 \$229 CQRC

AM Aqua Aerobics **DROP-IN**

Ages 18 & up. A great workout at your own pace! Designed to use water as the mode for resistance and training, all fitness levels and age groups are welcome, including deconditioned and new exercisers. Swimming ability not required. Instructor For Every Body Fitness. Min 10/Max 25. No class 10/14, 11/27, 11/29.

233102-01 M,W 9-10am 9/30-12/11 20 \$255 CQRC

233102-02 F 9-10am 10/4-12/13 10 \$129 CQRC



Deep Water Aqua Aerobics **DROP-IN**

Ages 18 & up. Cross-training in the water! Basic boxing, kick, resistance and interval trainings strengthen the upper and lower body and abdominals while improving flexibility and cardiovascular health. Flotation and resistance equipment provided. Instructor For Every Body Fitness. Min 10/Max 25. No class 11/27.

233103-01 W 6:30-7:30pm 10/2-12/11 10 \$129 CQRC

233103-02 W 7:30-8:30pm 10/2-12/11 10 \$129 CQRC

DROP-IN \$12 per Aqua Aerobics class (\$15 for nonresidents).
Subject to minimums and maximums.

Get in Deep with Candice **DROP-IN**

Ages 18 & up. Experience an invigorating deep water workout in the diving well. This non-impact workout challenges all fitness levels. Incorporate cardiovascular work with resistance training, while using circuits, intervals and basic steady-paced work. Swimming ability not required. Flotation equipment provided. Instructor Candice Kaup. Min 15/Max 25. No class 10/14.

233104-01 M 6:30-7:15pm 9/30-12/9 10 \$115 CQRC

Aqua Cycling **NEW!**

Ages 18 & up. Improve balance and up your cardio with cycling-style exercises in the pool. The water adds resistance, helps with flexibility and improves range of motion. Instructor Tammy. Min 3/Max 20. No class 10/14.

234224-01 M,W 10:05-11am 9/23-11/20 17 \$155 CQRC

Aqua Tabata **NEW!**

Ages 18 & up. Boost metabolism with rounds of high-intensity exercises performed in '20 seconds on, 10 seconds off' intervals. The water adds resistance while also making moves safer for all ability and flexibility levels. Instructor Tammy. Min 3/Max 20. No class 10/14.

234222-01 M,W 6:15-7am 9/23-11/20 17 \$155 CQRC

Aquatic Exercise for Seniors **55+ DROP-IN**

Ages 55 & up. Improve muscular and cardiovascular strength and endurance without jumping, running or swimming. Eliminate joint aches, improve balance and minimize chances of falling. Email candicekaup@yahoo.com or call 703.863.1898. Instructor Candice Kaup. Min 15/Max 30. No class 11/28.

233105-01 Tu,Th 8:15-9am 10/1-12/12 21 \$215 CQRC

233105-02 Tu,Th 9:30-10:15am 10/1-12/12 21 \$215 CQRC

Individual Swim Lessons

Private swim lessons are available for swimmers ages 3 yrs. & up.

For lesson schedules and enrollment, please visit alexandriava.gov/webtrac.



Swim Around the World

All ages. Swim the distances of some of the world's most challenging open water swims, and upon completion, receive the corresponding sticker to commemorate on swim challenge water bottle. Registration fee provides participants with a water bottle to start, and access to challenges and sticker prizes. \$25. 634202-01

LET'S GET PHYSICAL! Instructors are ready to help you reach your fitness goals no matter how big or small.
Improve strength, endurance, balance, flexibility and mind/body awareness.



MIND/BODY WELLNESS

Lil' Yogis

Ages 3-5. Designed for a gentle flow to develop a strong yoga foundation, this class offers new or seasoned yogis poses with animal names that are paired with our favorite children's music. Instructor Alejandra O'Connor. Min 3/Max 12. No class 10/17.

212606-01 Th 5-5:45pm 9/26-11/21 8 \$105 CHRC

Me, Baby, and Yoga

Ages 18 & up. Combine yoga and play to get back in shape while strengthening the bond between you and your infant. Experience flowing and challenging postures and calming restorative time in a playful safe environment for babies. Instructor For Every Body Fitness. Min 8/Max 20. No class 10/8.

213129-01 Sa 9:15-10am 9/28-11/16 8 \$125 LEEC

Pre-Natal Yoga

Ages 18 & up. With this combination of strengthening and stretching, learn effective breathing techniques, pelvic floor exercises, fetal positioning for labor, hip openers, as well as postures to release tension in the neck, shoulders, and back. Instructor For Every Body Fitness. Min 8/Max 20.

213134-01 Sa 10:15-11:15am 9/28-11/16 8 \$145 LEEC

Yoga in the Morning

Ages 18 & up. Start the day off right and reduce stress. Practice posture and breathing techniques to reduce tension, improve circulation and learn to relax. Bring a towel or mat. Instructor For Every Body Fitness. Min 10/Max 30. No class 11/5, 11/28.

213104-01 Tu,Th 9:15-10:15am 9/24-12/12 22 \$255 CQRC

To Yoga

Ages 18 & up. Time to relax. Breathe. Roll your shoulders. Stretch your spine. Physical therapy is mixed with yoga and a little humor. Connect not only your mind and body, but also connect with a great group of fellow students. Instructor For Every Body Fitness. Min 8/Max 20. No class 10/14.

213106-01 M 6:45-7:45pm 9/23-12/9 11 \$135 CQRC

Vinyasa Yoga

Ages 18 & up. Start the day off right and reduce stress. Practice posture and breathing techniques to reduce tension, improve circulation and learn to relax. Bring a towel or mat. Instructor Reena Sarai. Min 3/Max 15. No class 11/27.

213115-01 W 9:15-10:05am 9/25-12/11 11 \$129 CHRC

Gentle Yoga

Ages 18 & up. Practice longer held supine & supported poses that help increase body awareness, pacify the senses and calm the mind. Requires props: blankets, blocks and straps, bolster and chairs are a plus. Instructor Leah. Min 8/Max 20. No class 10/14.

213126-01 M 11am-12pm 9/23-12/9 11 \$119 CHRC

Restorative Yoga **NEW!**

Ages 18 & up. Restorative is a form of gentle yoga with passive restorative posture to open the body, quiet the mind, and move into a deep sense of relaxation. In this class, you'll use props such as bolsters, blankets, and blocks to get into deeply nourishing poses. Instructor Alejandra O'Connor. Min 3/Max 15. No class 11/28.

213127-01 Th 7-7:45pm 10/3-12/5 9 \$115 CHRC



Flex, Flow, & Strength Yoga **NEW!**

Ages 18 & up. This vigorous flow class with strengthening repetition exercises builds heat with a linked fluid flow interspersed with exercises such as push-ups, abdominal crunches and more. Work the major muscle groups to a mix of pop, dance and classical music. Instructor For Every Body Fitness. Min 6/Max 15. No class 11/5.

213119-01 Tu 6:15-7:15am 9/24-11/12 7 \$89 CQRC

Yoga in the Sun **NEW!**

Ages 18 & up. Rise and shine with morning Yoga in the Sun! Connect your mind and body while stretching and strengthening your muscles to the backdrop of beautiful fall mornings. Open to all ability levels, please bring a mat and a water bottle. Inclement weather location will be inside the Durant Center. Instructor Alejandra O'Connor. Min 8/Max 20.

213137-01 Sa 8-9:30am 9/14 1 \$9 OTPL

213137-02 Sa 8-9:30am 9/28 1 \$9 OTPL

213137-03 Sa 8-9:30am 10/19 1 \$9 OTPL

213137-04 Sa 8-9:30am 10/26 1 \$9 OTPL

Factory Flow **NEW!** **DROP-IN**

Ages 18 & up. Find inner peace and creativity in this morning series focused on art, health, and imagination. Please arrive 15 minutes early. Details at torpedofactory.org/yoga. \$15 drop-in. Instructor Alejandra O'Connor. Min 1/Max 40.

213300-01 Sa 8:30-9:30am 9/7 1 \$10 TFAC

213300-02 Sa 8:30-9:30am 10/5 1 \$10 TFAC

213300-03 Sa 8:30-9:30am 11/2 1 \$10 TFAC

213300-04 Sa 8:30-9:30am 12/7 1 \$10 TFAC

Core Power Yoga **NEW!**

Ages 18 & up. A great workout! Develop deep core strength, flexibility, and alignment. Get toned quickly! This is a fast paced class with a lot of fun movement but limited details in pose explanations. Appropriate for beginners, advancing beginners, and intermediate students. Instructor For Every Body Fitness. Min 3/Max 15. No class 11/13.

213124-01 W 6:30-7:30pm 10/2-11/20 7 \$95 PHRC

PiYo Power Core and More

Ages 18 & up. Streamline your body! Improve strength, balance, flexibility and mind/body awareness. A powerful mix of muscle toning, yoga and the Joseph Pilates method. Strengthening exercises are combined with mat exercises to firm muscles and abdominals. Meditations, deep stretches and breathing exercises relax the mind and body. Instructor Team Christie. Min 6/Max 20. No class 11/29.

213102-01	F	7-7:45am	9/27-12/13	11	\$115	CQRC
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Pilates

Ages 18 & up. Create long, lean muscles with a blend of strength and flexibility training that improves posture and reduces stress. Instructor Reena Sarai. Min 3/Max 15. No class 10/14.

213112-01	M	5:45-6:30pm	9/23-12/9	11	\$129	CHRC
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Mat Pilates

Ages 18 & up. Each class will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement. All while sitting on a mat. Instructor For Every Body Fitness. Min 10/Max 25.

213132-01	Th	5-5:45pm	10/3-11/14	7	\$95	ODRC
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Tai Chi

Ages 18 & up. Looking for a way to reduce stress? Consider tai chi! Originally developed for self-defense, tai chi has evolved into a graceful form of exercise used for stress reduction and a variety of other health conditions. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements. Instructor For Every Body Fitness. Min 10/Max 30. No class 10/17, 11/28, 11/29.

213111-01	W	3:15-4:15pm	9/25-12/11	12	\$145	CQRC
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213111-02	Th	10:30-11:30am	9/26-12/12	10	\$119	CHRC
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213111-03	F	10:30-11:30am	9/27-12/13	11	\$129	PHRC
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Advanced Tai Chi

Ages 18 & up. Originally developed for self-defense, tai chi has evolved into a graceful exercise for stress reduction and a variety of other health conditions. If you have been attending the basic tai chi course and are ready for more of a challenge this course is for you! Instructor For Every Body Fitness. Min 6/Max 30. No class 11/6.

213130-01	Tu	6:30-7:30pm	9/24-11/12	8	\$105	PHRC
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Stretch it Out-Tone

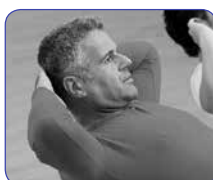
Ages 18 & up. Low impact, low intensity workout that will tone your muscles, increase your range of motion and flexibility, and help you to relieve stress. Instructor Reena Sarai. Min 3/Max 12. No class 11/5.

213108-01	Tu	10:30-11:15am	10/1-11/19	7	\$89	CQRC
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Stretch it Out 55+

Ages 55 & up. Stretch it Out is designed to help improve and maintain strength, flexibility, and balance while emphasizing good postural alignment and relaxation. Instructor Reena Sarai. Min 3/Max 15. No class 11/28.

213122-01	Th	10-10:45am	9/26-12/12	11	\$125	CKRC
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CARDIO WORKOUT

Zumbini-Hill and Dance

Ages 0-4. Combine music, dance and educational tools for 45 minutes of bonding, learning and fun! Instructor KidOvation Stage. Min 6/Max 15. No class 10/14.

213614-01	M	9:45-10:15am	9/9-11/4	8	\$155	CHRC
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213614-02	M	10:45-11:15am	9/9-11/4	8	\$155	CHRC
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213614-03	M	11:45am-12:15pm	9/9-11/4	8	\$155	CHRC
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Jazzercise DROP-IN

Ages 16 & up. Burn up to 600 calories by combining dance-based cardio with strength training and stretching to sculpt, tone and lengthen muscles for maximum fat burn. Choreographed to today's hottest music, Jazzercise is a fusion of dancing, aerobic exercise, resistance training, Pilates, yoga and kickboxing. Call Cameron Hall at 703.395.7766 or email hall_cameron@hotmail.com for more information. Monthly (Easy Fitness Ticket) \$50, Walk-ins \$20. Min 5/Max 40. No class 10/14 11/5, 11/28, 12/24, 12/25.

M,W	5:15-6:15pm	9/1-12/31	34	varies	ODRC
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M,W	6:15-7:15pm	9/1-12/31	34	varies	ODRC
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Tu	5-5:50pm	9/1-12/19	15	varies	ODRC
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Th	6-7pm	9/1-12/31	16	varies	ODRC
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Tu,Th	6:30-7:30pm	9/1-12/31	33	varies	CBRC
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Sa	9-10am	9/1-12/31	17	varies	NLRC
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Su	10-11am	9/1-12/31	18	varies	NLRC
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Cardio, Sculpt, and Core

Ages 18 & up. Work your body, burn calories, and get stronger muscles! Cardio movements are blended with balance and controlled muscle movements that may not be fast, but are very powerful! Build muscle power to increase strength, and tone upper and lower body. Instructor Christie. Min 4/Max 15. No class 10/14.

213101-01	M,W	6:05-7am	9/23-12/11	23	\$185	CQRC
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Hula Hoop Fusion

Ages 18 & up. Using a 2 lb. weighted hula hoop for assistance, resistance, support and fun, this is a no impact, full body workout that fuses pilates, barre and yoga inspired moves. Tone and sculpt muscles, improve flexibility and balance while burning calories. Bring a yoga mat and water. Hoops are provided during class. Instructor Marilyn Myers. Min 3/Max 12. No class 10/14, 11/11.

213118-01	M	6:30-7:30pm	9/23-12/9	10	\$119	PHRC
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Jacki Sorensen Aerobic Dance

Ages 18 & up. Combine stretching & flexibility, core work, strength training and aerobic exercise into each class. Choreographed to upbeat and motivating music, participate at your own level for a safe, effective, get-it-all-together approach to fitness. Bring mat for floorwork; optional handheld weight. ACE Certified. Jackis.com. Instructor Jacki Sorensen. Min 3/Max 20. No class 10/14, 11/11.

213103-01	M,W	9:30-10:30am	9/23-12/11	22	\$255	LEEC
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LaBlast Dance Fitness & Tone

Ages 18 & up. Fun and easy-to-follow ballroom dance-based fitness class! Created by world-renowned dancer and fitness expert, Louis van Amstel, this partner-free program is for all levels. Incorporates strength training using weights or resistance bands. Instructor Marilyn Myers. Min 3/Max 10. No class 10/11, 11/27, 11/29.

213110-01	F	9:30-10:30am	9/27-12/13	10	\$119	LEEC
213110-02	W	6:30-7:30pm	10/2-12/11	10	\$119	PHRC

Zumba

Ages 18 & up. Ditch the workout and party! Zumba infuses Latin Dances such as salsa, meringue, bachata, samba, reggaeton and even modern day hip hop. This intense workout helps you lose weight while having fun and learning basic Latin moves. Instructor Diana Mertz. Min 5/Max 16. No class 10/14, 11/25.



213107-01	M	6:05-7:05pm	9/23-12/9	10	\$119	CHRC
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Zumba® en Español

Ages 18 & up. A Zumba® class in Spanish! Have fun while you tone up and dance the stress away. Una clase de Zumba® en Espanol! Diviértete y mantente saludable. Despidete del estres y disfruta a lo maximo mientras tonificas. Min 4/Max 20.

214001-01	W	6:30-7:30pm	10/16-12/4	8	\$89	PHRC
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Zumba Gold 55+

Ages 55 & up. This is a fun dance easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! Min 6/Max 20.

214003-01	Tu	10-11am	9/17-10		\$39	PHRC
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CARDIO & STRENGTH

MIKiDo Ruff & Tumble

Ages 3-5. Want your child to develop skills in teamwork, focus and fitness? Build a foundation in these important life skills in a lively, fun martial arts-infused program. The four major components of fitness are emphasized: endurance, flexibility, strength and coordination. Instructor Hess Fitness Inc. Min 7/Max 20. No class 11/30.

212604-01	Sa	9:50-10:50am	9/28-12/7	10	\$165	CQRC
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WCRB Karate

Ages 6-11. Beginners concentrate on self-discipline and learn the art of sustained concentration, self-restraint, maximum focused attention when educators are talking, following instruction with minimal supervision and more! Instructor WCRB Karate. Min 8/Max 20. No class 11/5.

212613-01	Tu	5-6pm	9/24-12/10	11	\$115	CHRC
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MIKiDo Kids Self Defense Workshop NEW!

Ages 6-12. CMB Training includes Character development, Manners, and Bullying prevention. The key focus areas of Awareness, Mindfulness, Self-Defense, and Confidence are qualities that remain vibrant with a child as they grow. Instructor Hess Fitness, Inc. Min 7/Max 20.

212612-01	Sa	1-3pm	10/12	1	\$25	CHRC
212612-02	Sa	1-3pm	11/9	1	\$25	CHRC

Hip Hop Fitness

Ages 13-18. This cardiovascular fat burning workout aids in firming and sculpting the body through hip hop dance and timed interval circuit training on a cardio and weight machine circuit. Increase endurance, burn calories, strengthen and tone muscles, and increase flexibility. Instructor Rodney Bates. Min 5/Max 15.

214002-01	Tu	7-8pm	9/3-11/19	12	\$109	PHRC
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ChinquaCircuit

Ages 18 & up. Accomplish your weekend fitness goal with a 30-minute full-body circuit incorporating functional strength and cardio training plus stretching. High-energy music and fresh exercises will keep you motivated, and the small group setting will provide personalized attention from the instructor to ensure proper form. Instructor Jay. Min 3/Max 8.

214208-01	Sa	8:15-8:45am	9/28-11/16	8	\$65	CQRC
214208-02	Sa	8:55-9:25am	9/28-11/16	8	\$65	CQRC

Dynamic Three: Barre, Pilates, Yoga

Ages 18 & up. Focus on powerful and precise movements using a ball, weights, and bands. Fundamentals of centering, breathing, concentration, and precision are performed with focused muscle contractions. The class is low-impact and each toning section is followed by stretching to create long, lean supple muscles. Instructor Christie. Min 5/Max 15. No class 10/14.

213109-01	M,W	6:30-7:15am	9/23-12/11	23	\$185	CQRC
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Essentrics: Age Reversal Stretch

Ages 18 & up. Get the benefits of three classes in one: Tai Chi's flowing movements for health/balance; ballet's strengthening theories for long, lean, flexible muscles; and the healing powers of physiotherapy to create a pain-free body. Work through the muscle chains to liberate your muscles; relieve tension; lengthen and strengthen muscles; and increase joint mobility. Please bring a mat. Instructor Essentrics Nova. Min 5/Max 20. No class 10/15, 10/16, 10/17, 11/26, 11/27, 11/28.

213113-01	W	10:30-11:30am	9/25-12/11	10	\$125	CHRC
213113-02	Th	6-7pm	9/26-12/12	10	\$125	CQRC
213113-03	Th	7:15-8:15pm	9/26-12/12	10	\$125	CQRC
213113-04	Tu	11am-12pm	9/24-12/10	10	\$125	PHRC

Cardio Circuit with Resistance

Ages 18 & up. Effective calorie-burning exercises add variety and intensity to your usual routine. Combine moderate steady-state cardio with short bursts of speed or agility exercises to build, shape and tone muscles! Instructor Christie. Min 7/Max 12. No class 11/29.

213114-01	F	6:10-7am	9/27-12/13	11	\$135	CQRC
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exercise & fitness

Cardio & Weight Training

Ages 18 & up. Use weight and cardio system equipment in a timed interval workout to increase endurance, burn calories, strengthen and tone muscles, and improve flexibility. One-month fitness pass included. Instructor Rodney Bates. Min 4/Max 20. No class 10/15, 11/28.

214008-01 Th 7-8pm 9/5-12/5 12 \$109 PHRC

Balance, Coordination & Aerobics

Ages 18 & up. Get fit while you sit! The combination of aerobic activity, strength building and stretching is suitable for all ages and fitness levels. Instructor Reena Sarai. Min 3/Max 15. No class 11/27.

213120-01 W 10:30-11:15am 9/25-12/11 11 \$129 CHRC

Hips, Hamstrings & Abs

Ages 18 & up. Open and stretch tight or weak hips, hamstrings and ab muscles. A light cardiovascular workout is followed by exercises to set the foundation for abdominal strength and body mechanics to balance abs, hips and hamstrings. This is a great compliment to any yoga or cardiovascular workout. Instructor Alejandria O'Connor. Min 3/Max 20. No class 11/28.

213133-01 Th 6:15-6:45pm 10/3-12/5 9 \$75 CHRC

Cardio Kickboxing

Ages 18 & up. Isolate muscles, placing just the right amount of stress on them to cause the muscles to work hard and burn more fat. Workouts include: rhythmic kickboxing routines, light weightlifting routines, calisthenics, rope jumping, shadow boxing, punching and kicking pads and more! Instructor WCRB Karate. Min 3/Max 15. No class 11/5.

213128-01 Tu 6-7pm 9/24-12/10 11 \$115 CHRC

Boxercise Level I

Ages 18 & up. Learn the basics of boxing through this low impact class. Each workout targets your entire body through strength and conditioning. Join us for a fun and fit aerobic workout. Instructor Washington area Boxing Hall of Famer, Anthony Suggs. Min 5/Max 15. No class 11/28.

213610-01 Tu,Th 6:30-7:30pm 9/24-10/24 10 \$69 CHRC

213610-02 Tu,Th 6:30-7:30pm 11/5-12/12 11 \$79 CHRC

Boxercise Level II

Ages 18 & up. This fun and effective form of cross-training incorporates a combination of boxing movements and aerobics while improving rhythm and coordination! Focus on upper body conditioning; cardiovascular fitness; and toning your arms, chest and abs. Box your way through a great workout! Instructor Washington area Boxing Hall of Famer, Anthony Suggs. Min 6/Max 15. No class 10/14.

213603-01 M,W 6:30-7:30pm 9/23-10/30 11 \$79 CHRC

213603-02 M,W 6:30-7:30pm 11/4-12/11 12 \$85 CHRC



Gladiator Fitness Boot Camp

Ages 18 & up. Want to feel more energized, confident and stronger? Get off the couch and out of the gym and accomplish more than you thought possible in the Boot Camp of the Discovery Channel. Nutritional counseling and meal planning guidance included. Pricing varies by commitment. Register at gladiatorfitness.net or contact Gunny at gunnysarg@hotmail.com for more information. Min 1/Max 40. No class 11/27, 11/28, 12/24, 12/25.

M-F 5:30-6:30am 9/1-12/31 87 varies GWMS

Stroller Strides

Ages 18 & up. Getting in shape after giving birth can be tough, especially with a baby! This total fitness program includes power walking/running and resistance body toning using a stroller. All you need is your baby, a stroller that isn't prone to tipping, water and a towel or mat for ground exercises. First class is free. Register at arlington-alexandria.fit4mom.com, 571.305.2029 or jlungren@Fit4Mom.com. Min 1/Max 35. No class 10/14, 11/5, 11/28, 11/29, 12/24, 12/25.

M,W,F 9:30-10:30am 9/3-11/27 36 varies BBPK

M-F 9:15-10:30am 11/4-12/31 37 varies LEEC

Sa 9:30-10:30am 9/7-10/12 6 varies CQPK

M,W,F 8-9am 9/4-11/27 37 varies PYPK

Sa 8:30-9:30am 10/19-12/28 11 varies CQRC

Fitness Passes & Personal Training

Neighborhood Recreation Center Pass (Charles Houston, Chick Armstrong, Patrick Henry and William Ramsay)

Day: \$5/\$10

Month: \$40/\$80 per 3 mos.

6-month: \$75/\$150

Annual Pass: \$125/\$250

Chinquapin Park Recreation Center & Aquatics Facility (includes access to open swim, saunas, and racquetball)

Day: \$8/\$12

Month: \$50/\$100 per mo.

6-month: \$250/\$500

Annual Pass: \$450/\$885

Prices listed as Resident/Nonresident. City residents 55 & older are eligible for a 20% discount. For all Chinquapin pass options, visit alexandriava.gov/Aquatics.

- Certified trainers design a 60-minute customized exercise program and provide guidelines on proper form.
- To schedule an appointment, register using activity #214203-00.

INDIVIDUAL SESSIONS:

- \$199 for 4 or \$59 per session

GROUP SESSIONS:

- **Dynamic Duo:** \$99/person for 4 or \$29/person per session
- **Triple Threat:** \$79/person for 4 or \$25/person per session
- **Fantastic Four:** \$59/person for 4 or \$19/person per session



Fit4Baby

Ages 18 & up. Fit4Baby® is a prenatal fitness program for women at any stage of pregnancy. The classes are interval based, combining elements of strength training, cardiovascular exercises and stretching and balancing exercises. Fit4Baby® instructors are trained and certified so they are fully equipped to lead pregnant woman in exercises that are safe and appropriate for her changing body. **Register at arlington-alexandria.fit4mom.com 571.305.2029 or jlungren@Fit4Mom.com.** Min 1/Max 25.

W 7-8pm 9/18-12/18 14 varies CQRC

Sergeant's Fitness Concepts

Ages 18 & up. If you want to get out of the gym and get fit while being outside, then you want our boot camp program! Think physical fitness for adults! Each class includes warm up, calisthenics, strength training and a cool down designed to reduce body fat, increase strength and improve your cardiovascular system! **Register at SargeFitness.com or call 1.888.BOOTCAMP for more details.** Min 5/Max 40. No class 11/26, 10/9.

M-F 5:45-6:45am 9/1-12/31 87 varies CQPK

FIT4MOM

Ages 18 & up. Fitness Interval Training delivers a total body workout that combines cardio strength and core conditioning. Taking all the elements from our F4M classes and combining them into one class. Designed for moms of all fitness levels! This is a moms only class. **Register at arlington-alexandria.fit4mom.com, 571.305.2029 or jlungren@Fit4Mom.com.** Min 1/Max 15. No class 11/5, 11/28.

Tu,Th 9:15-10:15am 9/3-12/17 15 varies PHRC

Body Part Aerobics

Ages 55 & up. Low-impact exercises designed for senior helath and wellness use a chair aerobics workout with slow everyday movements to tone and sculpt the body. Use of chairs will aid in increasing balance, coordination, and flexibility. Instructor Rodney Bates. Min 4/Max 20. No class 10/14.

214000-01 M,F 10-11am 9/6-12/6 24 \$105 PHRC

Racquetball Challenge Ladder

All Ages. Stay fit and meet new people playing the fun and challenging sport of racquetball. New and experienced players are welcome - on-going ladder ranking system will match singles players with similar ability levels while improving skill. Free to join ladder rankings, then \$4 per person per match. Equipment available. Welcome email with instructions will be sent upon registration. Min 6/Max 100.

Register using Activity #224206-01.



Functional Fitness For Older Adults 55+

Ages 55 & up. Improve your independence and meet your functional goals. Help improve upper and lower body strength, balance, flexibility and coordination. Safe and effective physical activity improves your physical health and enhances psychological well-being. Instructor Fitness for Older Adults. Min 7/Max 15. No class 11/28.

213100-01 Tu,Th 9:05-10:05am 9/24-12/12 23 \$229 CHRC

Walk & Fit Training 55+

Ages 55 & up. This circuit training class incorporates walking as an aerobic activity, handheld weights and resistance bands for strength training. This cardiovascular fat burning workout aids in firming and sculpting your body. Instructor Rodney Bates. Min 4/Max 20. No class 11/27.

214007-01 W 10-11am 9/4-12/4 12 \$109 PHRC



Alexandria Boxing Club

Afterschool Youth Boxing

Ages 8-17. Learn athletic fundamentals and boxing basics. Year-round training includes building discipline, self-confidence, and work ethic through the sport of boxing. Communal gloves/hand-wraps available at no cost. Residents free, nonresidents \$10.

Monday - Friday, 5-6:30pm, CHRC

Adult Open Gym Boxing

Ages 18 & up. Every day is different in the boxing gym. Jump in on a circuit workout or take out your stress on the heavy bag at your own pace. New members must attend orientations on the first Monday of every month. Each participant is required to register with USA Boxing (usaboxing.org) and pay daily visit fees or use a fitness pass.

Monday - Friday, 6:30-8:30pm, CHRC



Adult Parkinson's Fitness

Ages 18 & up. Noncontact boxing focuses on balance, agility, and hand-eye coordination. Exercises aim to help build muscular endurance and overall strength, while engaging cognitive endurance. See instructor for availability. Each participant is required to pay daily visit fees or use a fitness pass.

Wednesdays, 6:30-7:30pm, CHRC

sports classes & leagues

GO TEAM! Sports leagues and classes help build camaraderie, new skills and fun competition in a variety of sports for toddlers, youth, teens and adults.



TUMBLING CLASSES

Baby Tumbling **+ADULT**

Ages 18 mos.-2 yrs. with adult. Help stimulate and introduce your child to some basic balancing, tumbling, and agility techniques. Class includes a group warm-up and individual drills with parent participation. Instructor TSP Team. Min 10/Max 15. No class 11/5.

222620-01 Tu 11-11:45am 9/24-11/19 8 \$145 CHRC

Mom/Dad Me Tumbling **+ADULT**

Ages 2½-4 with adult. Forward rolls, handstands and bridges are the fundamentals introduced in a fun, playful setting. This class will include a group warm-up and individual drills with parent participation. Instructor TSP Team. Min 10/Max 15. No class 10/12, 11/30.

222605-01 Sa 9:30-10:15am 9/28-12/7 9 \$149 CHRC

222605-02 Sa 11:30am-12:15pm 9/28-12/7 9 \$149 CHRC

Basic Tumbling

Ages 5-8. Beginner tumblers start learning basic techniques, such as forward rolls, backward rolls, handstands and bridges. A fun warm-up exercise will help athletes attain these skills. Instructor TSP Team. Min 8/Max 15. No class 10/12, 11/30.

222606-01 Sa 10:30-11:15am 9/28-12/7 9 \$149 CHRC

Acrobatics I

Ages 5-7. Learn basic acrobatics including cartwheels, rounds-offs, back bends, handstands, headstands, front/back walkovers, forward/backward rolls. Learn to execute flexibility, strength and balance while improving physical coordination and mental concentration. Instructor Megan Lively. Min 5/Max 10. No class 10/13, 12/1.

222612-01 Su 11-11:50am 9/22-12/8 10 \$149 LEEC

Gymnastics

Ages 6-9. Learn gymnastics skills on four events (vault, bars, beam, and floor) using proper body position and correct form with training equipment. The class will rotate to alternating events each week. Students will gain strength, flexibility and coordination. Min 3/Max 10. No class 10/14.

Introduction - Gymnastics I

224203-01 M 4:15-5:15pm 9/23-11/18 8 \$159 CQRC

Intermediate - Gymnastics II

224204-01 M 5:15-6:15pm 9/23-11/18 8 \$159 CQRC

Acrobatics II

Ages 6-10. Learn leaps, front/back walkovers, valdez, partnering techniques and combination routines. Execute flexibility, strength and balance while improving physical coordination and mental concentration. Prerequisite: Completion of Acrobatics I or prior equivalent training. Instructor Megan Lively. Min 5/Max 10. No class 10/13, 12/1.

222613-01 Su 12-1pm 9/22-12/8 10 \$149 LEEC

Flip First Tumbling **NEW!**

Ages 7-12. Come flip with us! Boys and girls of all skill levels will improve balance, agility, and tumble techniques through fun drills, games and interactive demonstrations. Instructor James Franklin. Min 6/Max 20.

214004-01 Sa 10-11am 10/5-11/23 8 \$75 PHRC

Cheer Tumbling Clinic

Ages 7-12. Practice arm formation, projecting voice, synchronizing, balance, agility work, jumps, and heavy concentration on tumbling. Intermediate level includes tumbling combinations, while advanced level incorporates difficult tumbling skills and passes. Lunch will be included. Instructor Michelle Hicks. Min 5/Max 25.

224000-01 Sa 10am-2pm 9/21 1 \$59 PHRC

Cheer Tumbling **NEW!**

Ages 8-13. Want to perfect that roundoff? Still working on that back handspring. This coed class will help you pump up your cheer tumbling and jump skills with the assistance of a trained instructor. We'll get you ready for winter cheer program! Instructor TSP Team. Min 6/Max 10. No class 10/12.

222622-01 Sa 12-1pm 9/28-11/23 8 \$145 LEEC

SOCCER CLASSES

Lil Kickers

Ages 2-5. Introduce younger children and their families to sports programs, while promoting physical fitness. Help develop key social skills like sharing, taking turns and sportsmanship. Instructor Elmer Lazo. Min 3/Max 20.

224001-01 Sa 10-11am 9/7-10/12 6 \$75 PHRC

Soccer Tots

Ages 2-6. Specialized for our youngest age group, a variety of fun games are professionally designed to delight and engage kids in physical education. A non-competitive environment and fun are encouraged above all else to develop motor skills, promote physical fitness and create self-confidence. Instructor TSP Team. Min 10/Max 20. No class 10/11, 11/5, 11/29.

Ages 2-3½

222610-01 F 11-11:45am 9/27-12/6 9 \$149 NLRC

Ages 3½-6

222610-02 Tu 4-4:45pm 9/17-11/19 9 \$149 CQPK

Excite Soccer

Ages 3-6. Develop mental, physical and social abilities through creative games and activities taught by highly experienced staff, trained to work with young children. Learn individual skills and teamwork and, most importantly, have fun! Master basic coordination and agility with and without a soccer ball in a confidence-building environment. Instructor Excite Soccer. Min 10/Max 20.

222600-01 Sa 4-4:45pm 9/21-11/2 7 \$125 CHRC

222600-02 W 10-10:45am 9/18-10/30 7 \$125 ODRC

TENNIS CLASSES

Little Shots

Ages 4-6. Fun games and activities build eye-hand coordination and familiarity with the ball and racquet. Instructor FirstServe Tennis. Min 4/Max 5.

222619-01	Tu	3:30-4:15pm	9/10-10/29	8	\$205	CQPK
222619-02	F	3:30-4:15pm	9/13-11/1	8	\$205	PYPK
222619-03	Sa	9:30-10:15am	9/14-11/2	8	\$205	MVRC
222619-04	Sa	9:30-10:15am	11/9-12/14	6	\$155	PHRC

Super Shots

Ages 5-6. Practice forehands, backhands, and volleys with an increased emphasis on movement and stroke combinations. Prerequisite: One or more seasons of tennis instruction and/or making consistent contact with the forehand and backhand. Instructor FirstServe Tennis. Min 4/Max 5.

222617-01	Tu	4:30-5:15pm	9/10-10/29	8	\$205	CQPK
222617-02	F	4:30-5:15pm	9/13-11/1	8	\$205	PYPK
222617-03	Sa	10:30-11:15am	11/9-12/14	6	\$155	PHRC

Fun & Fundamentals Tennis 1 & 2

Ages 7-14. Through fun, skill-building games, beginners and advanced beginners learn and develop the fundamental strokes. Instructor FirstServe Tennis. Min 4/Max 6.

Ages 7-10

222616-01	Tu	5:30-6:30pm	9/10-10/29	8	\$205	CQPK
222616-03	F	5:30-6:30pm	9/13-11/1	8	\$205	PYPK
222616-05	Sa	10:30-11:30am	9/14-11/2	8	\$205	MVRC
222616-07	Sa	11:30am-12:30pm	11/9-12/14	6	\$155	PHRC

Ages 10-14

222616-02	Tu	6:30-7:30pm	9/10-10/29	8	\$205	CQPK
222616-04	F	6:30-7:30pm	9/13-11/1	8	\$205	PYPK
222616-06	Sa	11:30am-12:30pm	9/14-11/2	8	\$205	MVRC
222616-08	Sa	12:30-1:30pm	11/9-12/14	6	\$155	PHRC

Adult Tennis 1

Ages 18 & up. New players learn the fundamental strokes: forehand, backhand, volleys, overhead and serve. Build consistency in groundstrokes and develop an ability to rally. Students are encouraged to repeat this class until they consistently put the ball in play. Instructor FirstServe Tennis. Min 3/Max 4.

223102-01	Tu	9:30-10:30am	9/10-10/29	8	\$219	CQPK
223102-02	Tu	7:30-8:30pm	9/10-10/29	8	\$219	CQPK
223102-03	Sa	8:30-9:30am	9/14-11/2	8	\$219	MVRC

Adult Tennis 2

Ages 18 & up. Players with limited on-court experience will strengthen stroke fundamentals and develop the movement, positioning and skills necessary for initial singles and doubles play. Prerequisite: Completion of Tennis 1 or similar experience. Instructor FirstServe Tennis. Min 3/Max 4.

223103-01	Tu	10:30-11:30am	9/10-10/29	8	\$219	CQPK
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ADDITIONAL SPORTS CLASSES

Lil' Pro Sports

Ages 3-4. Learn the basics of basketball, baseball, tennis and volleyball in a fun and energetic atmosphere. Participants will be introduced to the fundamentals of sports. Come have fun and meet new friends. Min 5/Max 10.

222706-01	W	10-10:45am	9/4-11/6	10	\$149	NLRC
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Lil Lacrosse

Ages 3-5. Learn basic lacrosse skills in a fun and friendly environment. Equipment is provided. Instructor TSP Team. Min 10/Max 20. No class 10/12.

222618-01	Sa	11-11:45am	9/14-11/16	9	\$165	CQPK
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Jump Shots for Tots

Ages 3-6. Play in fun basketball skill-building games to create or fuel a passion for the game of basketball. Come dressed in athletic apparel. Instructor Hoop Life. Min 8/Max 20. No class 11/5, 11/30.

222602-01	Sa	10:15-11am	9/28-12/14	11	\$205	NLRC
222602-02	Tu	1-2pm	9/24-12/10	11	\$205	CHRC

Punt, Pass & Kick Contest **NEW!**

Ages 5-14. Show off your skills in the City-wide competition. Show us how far you can punt, pass and kick a football. Min 25/Max 60.

222715-01		10am-2pm	9/28	1	\$9	GWMS
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Lil' Sticks Girls Field Hockey

Ages 6-8. This developmental program focuses on teaching the fundamentals of field hockey in a non-competitive environment. Min 10/Max 30.

222711-01	Su	12-2pm	10/6-10/27	4	\$85	JAES
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Preseason Basketball Fundamentals

Ages 7-12. Basketball season is around the corner. Get ready by learning the fundamentals of the game, such as passing, shooting, dribbling and more. Open to City of Alexandria residents only. Min 10/Max 25.

Ages 7-9

222713-01	Sa	9-10am	10/12-11/9	5	\$85	GWMS
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Ages 10-12

222713-02	Sa	10:15-11:15am	10/12-11/9	5	\$85	GWMS
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Teen Basketball Clinic

Ages 13-16. Whether learning the basics or a more experienced player looking to advance skills and confidence, these coed clinics are for you! All aspects of the game are covered through on-court fundamental instruction, jam packed into a day of serious fun! Instructor Hoop Life. Min 8/Max 20.

222611-01	Sa	9am-4pm	10/5	1	\$75	PHRC
222611-02	Sa	9am-12pm	10/5	1	\$39	PHRC

Pickleball

Ages 18 & up. Want to learn the fundamentals of Pickleball? Played on a court, pickleball combines elements of badminton, ping pong and tennis. Have fun, meet new people and get some exercise! Please wear tennis or court shoes. All equipment is provided. Min 6/Max 8. No class 11/29.

223615-01	F	9:30-10:25am	9/6-10/11	6	\$65	CHRC
223615-02	F	9:30-10:25am	10/25-12/6	6	\$65	CHRC

sports classes & leagues

YOUTH LEAGUES

Lil' Titans Flag Football

Ages 5-6 as of October 1, 2019. This developmental program introduces participants to football. The first week's clinic will focus on the skills and rules of the game. Participants will be divided into teams for league games by recreation districts. City of Alexandria residents only. Min 30/Max 75.

222704-01 Sa 1-4pm 9/14-10/26 \$85 BDPK

Youth Cheerleading

Ages 5-16 as of April 30, 2020. Learn the basic cheerleading skills and techniques. Teams are formed and practices are held at neighborhood recreation centers. Online registrations are assigned to their local center. Three divisions include: Pee Wee (ages 8 & under); Youth (ages 12 & under) and Junior (ages 16 & under). Practice schedules vary by center and are TBD. Teams compete in two local competitions and other events. Competition and uniform fees apply. Open to City of Alexandria residents only. Max 100.

222701-00 TBD 9/15-4/30 Free TBD

Winter Basketball League

Boys and girls ages 7-17 as of March 31, 2020. Teams are formed in the 8, 10, 12, 14 and 17 & under leagues. Teams are formed by recreation districts except for boys ages 14-17, which are formed by skill assessment and draft system. Important dates: Registration 8/14 to 11/15. Practices begin week of 12/2. Practice times and locations vary by team. Games begin week of 1/11. Open to City of Alexandria residents only. Max 1100.

322701-01 TBD TBD 12/2-3/14 \$85 TBD

Girls' Volleyball League

Ages 9-14 as of Dec. 31, 2019. Teams will be formed by recreation districts in two divisions: National (ages 9-11) and American (ages 12-14). Practices take place on Sunday afternoons with games on Thursdays and Fridays. Practice and game locations include TCMH, JPES, and JHES. Open to City of Alexandria residents only. Max 200.

222703-01 Th,F,Su 6-9pm 9/15-12/15 \$85 TBD

Miracle League of Alexandria Adaptive Sports

Ages 5 & up. A non-competitive environment allows children and adults with cognitive, developmental and physical challenges to play sports at their own pace. Buddies assist each player as much or little as they require. No program 10/12, 11/27. Min 10/Max 100.

222705-01 W 4:30-6pm 9/18-12/11 12 \$65 LCCM

222705-02 Sa 1-2:30pm 9/21-10/19 4 \$65 LCCM

Sports Hotlines

For weather and field closure updates, call:

YOUTH: 703.746.5597

ADULT MEN'S: 703.746.5596

ADULT COED & WOMEN'S: 703.746.5595

SPORTS AFFILIATES



Alexandria Soccer Association Tots Soccer

Ages 2-4. Tots soccer classes introduce young players to the very basics of soccer through fun activities in a group environment. The classes focus on developing both motor and listening skills. No previous soccer experience is needed. Classes held on Saturday & Sunday mornings and weekday afternoons year round. **Register at alexandria-soccer.org or call 703.684.5425.**

Varies TBD 3/1-12/31 \$88-110 Varies

Alexandria Rugby Club Tag League

Grades PK-5. Play the fastest growing youth team sport in the country in a low-stress and fun environment. This is an opportunity for girls and boys to learn the basics of Tag Rugby, a two-hand touch version of Rugby 7's. Teams are divided by grade level. **Register at alexandriarugby.com.**

Su 3-4:30pm 9/22-11/10 8 \$40 GWMS

Alexandria Soccer Association Ball Mastery

Grades PK-6. Ball Mastery is a supplemental training program that consists of technical training sessions and small sided soccer games with an individual and team focus. Players are encouraged to also participate in the ASA recreational league and use this program to gain more confidence. The six week program is offered each Fall and Spring. **Register at alexandria-soccer.org or call 703.684.5425.**

Varies Varies 8/1-6/1 \$50-225 TBD

Alexandria Soccer Association Recreation Soccer League

Ages 4-19. This volunteer-based, inclusive soccer league for kids of all abilities and experience levels is all about fun, fitness and friendships! Teams are coed until first grade when they are divided by gender. Teams are organized by school or neighborhood to make practices convenient. Seasons consists of seven Saturday games with one or two practices a week at a neighborhood field. **Register at alexandria-soccer.org or call 703.684.5425.**

Sa Varies 9/1-11/30 \$50-125 TBD

Alexandria Soccer Association Junior Academy

Grades K-2 (Ages 6-8). This early introduction to skill development is led by ASA coaches with a focus on both individual techniques and teamplay. Players are recommended and invited to participate from open "ID days" and participate in a league on Saturday afternoons and are encouraged to continue to play with their recreational team when possible. For more information email Coach Grigor at grigor.boychev@alexandria-soccer.org or call 703.684.5425.

Tu,Th 4-6pm Varies \$150-450 Varies

Alexandria Lacrosse Club Fall Clinic Series

Grades K-8 Alexandria Lacrosse Club hosts a series of five 90-minute clinics to provide instruction for players of all skill levels. Each session will be coached by a group of professional coaches and players will be grouped by gender/age/skill level. Financial aid and equipment loan available. **Register at alexandrialacrosse.com.**

Sa TBD 9/7-10/5 \$130 MHPK

Alexandria Titans Tackle Football

Ages 7-16 as of October 1, 2019. The Alexandria Titans are a member of the Fairfax County Youth Football League (FCYFL), a full contact tackle football league. Teams are formed based on ability/age/weight. Practices begin in August with league play beginning in September. Each participant is required to have their own current Department of Motor Vehicle Identification Card to play and receive equipment. **Register at alexandriatitansfootball.org.**

Varies 7/29-11/9 \$140-180 GWMS

Alexandria Little League Fall Baseball

Ages 8-18. Develop the qualities of citizenship, discipline, teamwork, and physical well-being. By exposing the virtues of character, courage and loyalty, Alexandria Little League is designed to develop superior citizens while building fundamental baseball knowledge and skills. Practice and game days vary by team. **Register at alexandriabaseball.com.**

Varies 9/1-10/31 \$160 Varies



Alexandria Rugby Club Tackle "FUN"damental Sessions

Grades 3-8. Want to learn more about tackle rugby and how to play the fastest growing youth team sport in the country? Alexandria Rugby's Fall "FUN"damental Tackle Sessions focus on rugby basics and developing skills. Take part in skills sessions and fun games. **Register at alexandriarugby.com.**

Su 3-4:30pm 9/22-11/10 8 \$40 GWMS

Alexandria Soccer Association Academy Soccer

Ages 8-19. This high level of soccer requires players to be evaluated (tryout) each year. Practices take place two or three times per week with a weekend game and multiple tournaments throughout the year. Tryouts take place in June and teams may hold supplemental tryouts upon request. Contact Ryan Rich for information at ryan.rich@alexandria-soccer.org. **Register for tryouts at alexandria-soccer.org or call 703.684.5425.**

Varies Varies 8/1-6/1 \$TBD Varies

Alexandria Soccer Association Adult Soccer

Ages 19 & up. Alexandria Soccer Association Adult Soccer programs offer both outdoor and indoor soccer. Enroll this Fall in either the men's or coed division for outdoor soccer. Individual "free agent" or team registration is available. The Adult Leagues offer an outlet to exercise, meet new friends and compete in a friendly, social environment. **Register at alexandria-soccer.org or call 703.684.5425.**

Varies Varies 8/1-11/30 \$125 TBD

FREE PICKLEBALL Combine badminton, tennis and ping-pong for this popular and quickly growing sport ideal for active adults.

M, Tu	10:45am-12:45pm	NLRC
W	11:30am-2pm & 6-8:30pm	PHRC
Th, F	9am-12pm	CHRC
Su	3-4:30pm	CHRC

Visit alexandriava.gov/Recreation for more play sports info.

ADULT LEAGUES

Winter Mens Basketball*

Ages 18 & up. Each team will play 10 regular season games. The top four teams in each division advance to the playoffs.

323200 M-Th 6:30-10pm \$755 FHMS

Winter Coed Volleyball*

Ages 18 & up. Each team plays 10 regular season games. The top four teams in each division (Recreation and Competitive) advance to the playoffs.

323201-02 Tu,W 6:30-10pm \$525 TCMH

Winter Coed Basketball*

Ages 18 & up. Each team will play six games and advance to the playoffs.

323205 W 6:30-10pm \$525 JHES

Winter Late Night Basketball*

Ages 18 & up. Each team will play six games and advance to the playoffs.

323200 Th 7-11pm \$525 CHRC

Power Plus Sports 3 vs 3 Basketball League **55+**

Ages 55 & up. Seniors will play games weekly for 6 weeks.

223214 W 12:30-2pm 10/3-11/7 \$25 NLRC

ADULT TOURNAMENTS

Fall Coed 7 on 7 Flag Football Tournament

Ages 18 & up. Each team plays at least three games. Games are played on Sat. and Sun. mornings. Each team must have three females on the field.

223209 Sa,Su 9/7-9/8 \$255 WRFD

Women's Field Hockey Tournament **NEW!**

Ages 18 & up. Get your high school college teammates together again for a recreation level field hockey tournament.

223222 Sa,Su 9/7-9/8 \$325 LMFD

Dodgeball Tournament

Ages 18 & up. Dodge, dip, duck, dive your way to a good time with friends. Come out for fast paced 8 vs 8 round robin tournament action, sign up as a team or be placed on a team. Each team is guaranteed at least 3 matches, with matches played in the best of 5 format. Min 32/Max 64.

224004-01 W 6:30-9pm 11/13 \$45 PHRC

Power Plus Corn Hole Tournament **55+ NEW!**

Ages 55 & up. Enjoy a friendly competition with your peers. Winners get bragging rights and a championship t-shirt.

223223 M 9/24 \$19 LCCM

*All teams must submit a team roster. Registration 10/1-12/13.

MAKE MEMORIES AND A NEW BFF! Designed to promote social development and creative learning, our wide variety of camps is sure to spark your child's interest.



TEACHER WORK DAY CAMPS

Adventures in STEM using LEGO® **NEW!**

Ages 6-11. Tap into your imagination with tens of thousands of LEGO® parts! Build engineer-designed projects such as: Boats, Snowmobiles, Catapults, and Merry-Go-Rounds. Design and build as never before and explore your craziest ideas in a supportive environment. Supervised lunch-hour included; please pack your own lunch. Instructor Play-well Teknologies. Min 8/Max 16.

272603-01 Tu 9am-4pm 11/5 1 \$69 CHRC

Autumnal Cupcake Wars **NEW!**

Ages 6-11. If pumpkin, cinnamon, apple cider and spices bring you warm, cozy feelings, then this is the camp for you! Tiny Chefs will make some of our favorite Fall season cupcake recipes, including Maple Bacon French Toast and Snickerdoodle. Who knows, maybe your Tiny Chef will have dessert covered this Thanksgiving! Min 8/Max 20.



272607-01 Tu-F 9am-4pm 11/5 1 \$95 ODRC

Hoop Life Winter Basketball Camp

Ages 4-14. If your child has a love for the game of basketball, they won't want to miss this structured fundamentals camp. All coaches have playing and/or coaching experience in higher levels of basketball ranging from high school to NBA. Kids will finish camp with improved skills, knowledge, and passion. Instructor Hoop Life. Min 10/Max 45. No class 12/24, 12/25, 1/1.

272601-01 Tu 9am-4pm 11/5 1 \$75 JHES

Hoop Life Winter Basketball Camp

Ages 4-14. If your child has a love for the game of basketball, they won't want to miss this structured, fundamentals camp. All coaches have playing and/or coaching experience in higher levels of basketball from high school to NBA. Your child will finish camp with improved skills, knowledge, and passion. Instructor Hoop Life. Min 10/Max 45. No class 12/24, 12/25, 1/1.

272601-02	M-F	9am-4pm	12/23-12/27	3	\$165	JHES
272601-03	M-F	9am-4pm	12/30-1/3	4	\$225	JHES
272601-04	M-F	9am-4pm	12/23	1	\$59	JHES
272601-05	M-F	9am-4pm	12/26	1	\$59	JHES
272601-06	M-F	9am-4pm	12/27	1	\$59	JHES

Indoor Soccer Camp **NEW!**

Ages 6-10. Younger campers learn fundamental dribbling, passing and shooting skills, while older age groups develop skills and techniques through soccer games, challenges, and team-building competitions. Enjoy visits from professional players to sign autographs and answer questions about becoming a real soccer pro! Instructor TSP Team. Min 10/Max 25. No class 12/24, 12/25.

272604-01	M-F	9am-4pm	12/23-12/27	3	\$99	ODRC
272604-02	M-F	9am-4pm	12/23	1	\$35	ODRC
272604-03	M-F	9am-4pm	12/26	1	\$35	ODRC
272604-04	M-F	9am-4pm	12/27	1	\$35	ODRC

Engineering with Little Bits **NEW!**

Ages 6-10. Kids learn basic electronics through hands-on learning and projects that combine everyday supplies and color-coded modules with LED lights, fans, sliders, pressure sensors, and more! Students work in small teams to create projects like custom flashlights, touch sensors, and alarm clocks. Instructor C3 Cyber Club Inc. Min 6/Max 18. No class 12/24, 12/25.

272606-01	M-F	9am-4pm	12/23-12/27	3	\$225	ODRC
272606-02	M-F	9am-12pm	12/23-12/27	3	\$155	ODRC
272606-03	M-F	1-4pm	12/23-12/27	3	\$155	ODRC

WINTER BREAK CAMPS

Winter Wonderland Camp **NEW!**

Ages 3-8. Set out on a daring quest over Winter Break! Transform into super-heroes while sharing, learning teamwork, and building bonds. Strengthen your little one's social skills through engaging and memorable activities. Instructor KidOvation Stage. Min 10/Max 20. No class 12/24, 12/25.

273601-01	M-F	8:30am-5pm	12/23-12/30	4	\$275	CHRC
273601-02	M-F	8:30am-1pm	12/23-12/30	4	\$139	CHRC



Alex Fun Winter After Care

Ages 6-12. Need a little extra time after work to pick up your child? This supervised program will allow you a little more time in the afternoons. Activities include arts and crafts, movies and games. Min 10/Max 25. No class 12/24, 12/25.

272605-01	M-F	4-6pm	12/23-12/27	3	\$35	ODRC
272605-02	M-F	4-6pm	12/23	1	\$15	ODRC
272605-03	M-F	4-6pm	12/26	1	\$15	ODRC
272605-04	M-F	4-6pm	12/27	1	\$15	ODRC

BRUSH UP ON CURRENT SKILLS OR LEARN SOMETHING NEW. Our enrichment and continuing education programs will supply you with the knowledge you're seeking.



EDUCATION

Sing and Sign **+ADULT**

Ages 6 mos.-3 yrs. with adult. Communicate with your child before they can talk. Learn helpful strategies to increase visual attention and real signs from American Sign Language. Reduce frustration, help build language foundations, and give insight into your child's thoughts. This is a play-based class with songs and interactive props to keep young children engaged. Instructor Laura Daub. Min 6/Max 12.

242608-01 Tu 10-10:45am 9/24-10/29 6 \$129 LEEC

B.E.A.R. **+ADULT** **INCLUSION**

Ages 1-5 with adult. Be Enchanted About Reading is a story time with a twist of enchantment. Listen to your favorite stories and fairy tales come to life as the reader acts out stories in full costume. Join the fun and wear your own costume. Min 8/Max 25.

243004-01 Th 10:30am-12pm 9/5-9/26 4 \$55 NLRC

243004-02 Th 10:30am-12pm 10/3-10/24 4 \$55 NLRC

243004-03 Th 10:30am-12pm 10/31-11/21 4 \$55 NLRC

243004-04 Th 10:30am-12pm 12/5-12/19 3 \$39 NLRC

Colors, Shapes and Numbers

Ages 2½-5. Explore color, shapes, and numbers in a gently structured environment where we have hands on play, engaging arts and craft activities and make a colors, shapes, and numbers book. We review counting, number and shape recognition, charting, geometry, and more. Instructor Kai Seay. Min 3/Max 8. No class 10/17, 11/28.

242602-01 Th 11-11:45am 9/26-11/7 6 \$75 ODRC

242602-02 Th 11-11:45am 11/14-12/12 4 \$59 ODRC

Play with Clay

Ages 3-5. Let's play with clay! Preschoolers will explore their inner artist using playdough, air dry clay, and age-appropriate materials. Make room on the mantle for your child's playful artwork. Instructor Kai Seay. Min 3/Max 10. No class 10/17.

242610-01 Th 9:45-10:30am 9/26-11/7 6 \$75 ODRC

Pre-K for Young Rembrandts

Ages 3½-5. Preschoolers learn drawing skills and develop kindergarten readiness, using structured stepwise instruction. As they learn to recognize and build on the simple shapes that underlie familiar images, preschoolers develop visual-motor processing and motor skills while creating fun and colorful artwork. New lessons every week! Instructor Young Rembrandts. Min 5/Max 15.

242609-01 W 11-11:45am 9/25-10/30 6 \$125 ODRC

242609-02 W 11-11:45am 11/6-12/11 6 \$125 ODRC



Learn To Bike

Ages 6-12. Learn to bike in a safe and fun environment! Instructors will teach to each child's level, no previous experience needed. Must provide own bike without training wheels and helmet. Instructor WABA. Min 4/Max 10.

222621-01 Sa 11am-12pm 9/14-10/5 4 \$149 NLRC

Kid Adventure Club **NEW!**

Ages 8-11. Gather your kids and bring them to the new Kids Adventure Club! Through a variety of activities such as boxercise, treasure hunts, creative art, and music, clubbers will develop social and emotional skills. Culinary art and group activities will also provide life skills training. Join us on Saturdays for exclusive fun and activities! Instructor Kid Ovation Stage. Min 5/Max 16.

243611-01 Sa 12-4pm 9/7-9/28 4 \$25 CHRC

243611-02 Sa 12-4pm 10/5-10/26 4 \$25 CHRC

243611-03 Sa 12-4pm 11/2-11/23 4 \$25 CHRC

243611-04 Sa 12-4pm 12/7-12/28 4 \$25 CHRC

Conversational Spanish

Ages 18 & up. Vocabulary topics include Greetings/Goodbyes, Subject Pronouns, Numbers, Family Members, Colors, Restaurant/Foods, Introduction of Present Tense, Ser and Estar, and Adjective Agreement. Instructor Steve Layaco. Min 5/Max 12.

244003-01 Tu 6:30-7:30pm 10/22-12/10 8 \$55 PHRC

SOCIALIZE

Tummy Time **NEW!** **+ADULT**

Ages 0-1 with adult. Enrich your child's pre-walking experience. Learn fun activities for enjoying tummy time and make playful social and emotional connections. Bring a blanket. Min 3/Max 20. No class 11/29.

244205-01 F 10-10:45am 9/27-10/25 5 \$45 CQRC

244205-02 F 10-10:45am 11/8-12/13 5 \$45 CQRC

Art for Preschoolers **NEW!**

Ages 2-5. Calling all "Preschool-Art-ers"! Children explore and create table art creations like Sponge Painted Trains, Ice Painting, Cookie Cutter Painting, Rainbow in a Bag, Cotton Candy Puffy Paint Rolling Pin Painting, Painting with Bubbles and more. Min 5/Max 20.

243716-01 Tu 10am-12pm 10/15 1 \$5 CKRC

Lil Gymmies **+ADULT** **DROP-IN**

Ages 2-5 with adult. Youth will run, jump and play in a safe, clean environment that promotes fun and excitement. Toys, balls and hula hoops, moon bounce inflatables and much more are a part of the Lil Gymmies set. Children learn foundational skills, movement and gain confidence to play in a wide range of fun activities. Parents and chaperones are free and required to attend with child. Nonresidents \$10.

643606-01 M,Tu,W,Sa 9am-12pm \$5 CHRC

Kid Rock Social Hour +ADULT

Ages 0-4 with adult. It's never too early to help your children learn social skills. This unstructured playgroup encourages development through music, movement and play. Drop-ins welcome on Fridays, \$5 each. Min 10/Max 35. No class 10/14,11/29.

243801-01	M,W	10am-12pm	9/9-10/30	15	\$49	MVRC
243801-02	M,W,F	10am-12pm	9/9-11/1	23	\$79	MVRC
243801-03	M,W	10am-12pm	11/4-12/18	14	\$49	MVRC
243801-04	M,W,F	10am-12pm	11/4-12/20	21	\$79	MVRC

Playtime Express +ADULT INCLUSION

Ages 0-5 with adult. Does your child need to play and burn off some energy? In this self-directed play environment, your child will engage in activities to develop social skills, self-discovery and imagination. Engage through inflatables, building blocks, LEGOs, balls, tricycles and interactive toys that will increase their learning. Min 5/Max 20. No class 11/27.

243001-01	W	10:30am-12:30pm	9/4-10/23	8	\$39	NLRC
243001-02	W	10:30am-12:30pm	10/30-12/18	7	\$35	NLRC

Teen Social Club INCLUSION NEW!

Ages 12-17. Inclusion program for teens with disabilities and typical peers. Develop leisure and recreational interests, awareness and life skills through activities, special events and outings in the Metropolitan area. Trips are an additional fee. All new Therapeutic Recreation participants are required to do an initial assessment prior to starting. Min 10/Max 20.

243003-01	Sa	5-7:30pm	9/28	1	\$9	NLRC
243003-02	Sa	5-7:30pm	10/26	1	\$9	NLRC
243003-03	Sa	5-7:30pm	11/23	1	\$9	NLRC
243003-04	Sa	5-7:30pm	12/21	1	\$9	NLRC



Adult Social Club TR

Ages 18 & up. For Therapeutic Recreation participants only. Develop leisure and recreational interests, awareness and life skills through activities, special events and outings in the Metropolitan area. All new participants are required to do an initial assessment prior to starting programs. Online registration is not available. Please contact the Therapeutic Recreation office at 703.746.5535. Min 10/Max 40. No class 10/12, 11/2.

243000-01	Sa	11am-4pm	9/14-12/21	13	\$79	NLRC
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Soft Players DROP-IN +ADULT

Ages 0-5 with adult. Run, jump, tumble and have fun! This drop-in playgroup encourages social and motor skill development. Call ahead to confirm availability. See pg. 40. Nonresidents \$10 per 30 min.

M-Th	9am-8pm	½hr.	\$5ea.	CQRC
F	9am-6pm	½hr.	\$5ea.	CQRC
Sa,Su	8-11am	½hr.	\$5ea.	CQRC
M-Th	9:30am-1pm	½hr.	\$5ea.	CKRC
M-F	9am-9pm	½hr.	\$5ea.	CHRC
Sa	9am-6pm	½hr.	\$5ea.	CHRC
Su	1-5pm	½hr.	\$5ea.	CHRC
M-Sa	9am-9pm	½hr.	\$5ea.	PHRC

TECHNOLOGY & SCIENCE

Preschool LEGO Duplo STEAM NEW!

Ages 3-5. Get the grasp of how life works through all the excitement and wonder of learning! Create many unique and silly projects, read hilarious yet informative books, and cooperate to accomplish many scientific tasks. Instructor C3 Cyber Club Inc. Min 5/Max 12.

242605-01	Th	10:30-11:30am	10/3-11/7	6	\$139	PHRC
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The Science Seed™: Lil Scientist

Ages 3-5. Science is everywhere! Each session includes geology, biology, chemistry, physics and nature, exposing kids to a variety of fun and age-appropriate experiences. Each class builds a love of science and learning and includes a note for the parents about what was taught and how you can continue the lesson at home. Instructor The Science Seed. Min 6/Max 12.

242620-01	W	9:15-10am	9/25-11/6	7	\$119	CHRC
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LEGO® Mechanics & Engineering

Ages 5-9. Combine the world of LEGO with the basics of visual programming by creating commands with a drag-and-drop interface that is simple to use, but capable of complex instructions. Learn the importance of teamwork on each day's build assignment. Instructor C3 Cyber Club Inc. Min 6/Max 12.

242600-01	Th	5:30-6:30pm	9/26-11/7	7	\$155	CHRC
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STEM DIY NEW!

Ages 5-12. Children will complete STEM challenges, activities, projects, crafts. Using age-appropriate social and emotional skills kids and a creative STEM curriculum, children will create new projects each week to take home. Instructor Jayda Tuitt. Min 6/Max 12. No class 10/14.

Ages 5-7

243820-01	M	6:15-7:15pm	9/16-10/28	6	\$79	MVRC
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Ages 8-12

243820-02	W	6:15-7:15pm	9/18-10/23	6	\$79	MVRC
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Science Art Mania

Ages 5-12. Art activities spark young Scientist-Art-ists' imaginations! Learn through activities like Pi with String art, Exploring Flashlight Painting with Cameras, Self-Driven Cardboard and Soda Can Cars, "Light It Up" Cardboard Airport Runways, and more! Instructor Art Box. Min 6/Max 25. No class 11/28.

Ages 5-7

243800-01	Tu	6:15-7:15pm	9/10-10/15	6	\$99	MVRC
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243800-03	Tu	6:15-7:15pm	10/29-12/3	6	\$99	MVRC
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Ages 8-12

243800-02	Th	6:15-7:15pm	9/12-10/17	6	\$99	MVRC
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243800-04	Th	6:15-7:15pm	10/31-12/12	6	\$99	MVRC
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Coding and Design Games with Scratch

Ages 6-14. Use your imagination for creative thinking, while learning to create and program simple games using Scratch 2. Use premade art assets or create your own, and learn how to program them to walk, talk, and interact with objects. Instructor C3 Cyber Club Inc. Min 5/Max 12.

Ages 6-9

242601-01	W	5:30-6:30pm	9/25-10/30	6	\$139	PHRC
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Ages 10-14

242601-02	W	6:45-7:45pm	9/25-10/30	6	\$139	PHRC
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IT'S SHOW TIME. Get your creative juices flowing and impress your family and friends with your new skills!



BALLET

* End of session recital December 14.



Mommy & Me: Let's Play Ballet +ADULT

Ages 2-3 with adult. Let your little one experience the joy of being a ballerina! Playful exercises in pre-ballet and creative movement will include dancing with magic wands, flowers, ribbons and more! Dads are welcome too! One adult per child attends class. Instructor Go Bananas Dancing. Min 6/Max 12. No class 11/29.

252623-01	F	10:10-10:50am	9/27-12/6	10	\$185	CHRC
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Pre-Ballet with Go Bananas Dancing

Ages 3-5. Explore creative movement with playful music and props. Parents and caregivers remain outside the classroom. New material is added each session so class can be taken again and again. Instructor Go Bananas Dancing. Min 5/Max 12. No class 11/5.

252624-01	Tu	10:30-11:15am	9/24-12/3	10	\$185	CHRC
252624-02	Tu	4-4:45pm	9/24-12/3	10	\$185	CHRC

Pre-Ballet & Movement I*

Ages 3-5. Do you have an aspiring ballerina? Explore creative movement while learning the five ballet positions and the disciplines of dance. Have fun and learn physical and mental coordination. Instructor Megan Lively, Kirstan Fuller. Min 5/Max 12. No class 10/12, 10/13, 11/30, 12/1.

252605-01	Sa	9:05-9:55am	9/21-12/7	10	\$169	CHRC
252605-02	Su	10-10:50am	9/22-12/8	10	\$169	LEEC
252605-03	Sa	10:10-11am	9/21-12/7	10	\$169	PHRC

Pre-Ballet & Movement II*

Ages 3-5. Already have a little ballerina? By reintroducing the five positions, dancers learn small routines and basic technique while exploring creative movement, having fun and improving physical coordination and mental concentration. Prerequisite: Completion of Pre-Ballet & Movement I or equivalent. Instructor Megan Lively, Kirstan Fuller. Min 5/Max 12. No class 10/12, 11/30.

252606-01	Sa	10-10:50am	9/21-12/7	10	\$169	CHRC
252606-02	Sa	11:05-11:55am	9/21-12/7	10	\$169	PHRC

Pre-Ballet & Movement II/III*

Ages 4-5. Have a little ballerina ready for more? Practice the five positions, explore creative movement and disciplines of dance. Learn techniques, basic routines, barre and center floor and develop physical coordination and mental concentration. Prerequisite: Completion of pre-ballet or equivalent training. Instructor Megan Lively. Min 5/Max 12. No class 10/12, 11/30.

252607-01	Sa	11-11:50am	9/21-12/7	10	\$169	CHRC
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Mlyna Kinder Ballet

Ages 4-5. Designed to encourage a relationship to music using creative movements and elementary ballet steps and vocabulary, fun tools are used to stimulate the imagination. Classes conclude with basic children's yoga. Instructor Ms. Lynne. Min 6/Max 12. No class 10/14.

253829-01	M	5-6pm	9/9-12/16	14	\$179	MVRC
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Ballet I*

Ages 5-7. Learn the basic ballet techniques, including adagio, basic routines, barre and center floor. Your child will learn the disciplines of dance while having fun and improving physical coordination and mental concentration. Instructor Megan Lively, Kirstan Fuller. Min 5/Max 12. No class 10/12, 11/30.

252610-01	Sa	12-12:50pm	9/21-12/7	10	\$165	CHRC
252610-02	Sa	9:15-10:05am	9/21-12/7	10	\$165	PHRC

Mlyna Ballet I

Ages 6-7. Ballet barre, Center Adagio and floor Adage will be executed in class, improving technique and strengthening skills. Introduction to Petit Allegro, Pirouettes and linking movements. Enhance self-confidence and advance to higher levels of skill. Pre-requisite: 1 year of experience. Instructor Ms. Lynne. Min 6/Max 12.

253817-01	Tu	5-6pm	9/10-12/10	14	\$179	MVRC
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Ballet II*

Ages 7-11. Focus on barre, center floor, across the floor, stretching, adagio and routines with an introduction to leaps, turns and jumps. Learn the disciplines of dance while having fun and improving physical/mental concentration, balance and strength. Prerequisite: completion of Ballet I or equivalent. Instructor Megan Lively. Min 5/Max 12. No class 10/12, 11/30.

252611-01	Sa	1-2pm	9/21-12/7	10	\$169	CHRC
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Mlyna Ballet II

Ages 8-12. Ready to look and feel like a ballerina? Learn barre, Center Adagio and floor Adage while improving technique and skills. Enhance self-confidence while mastering Petit Allegro, Pirouettes and linking movements. No experience needed. Instructor Ms. Lynne. No class 11/28. Min 6/Max 12.

253813-01	Th	5:00-6:00pm	9/12-12/12	13	\$179	MVRC
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Advanced Mlyna Ballet II

Ages 8-14. Learn a higher level of technique and comprehension, focusing on strengthening and developing skills into steps, sequences, combinations and placements. Continued focus will be placed on posture, poise, grace and challenging perfection. Pre-requisite: 3 years of experience. Instructor Ms. Lynne. Min 6/Max 12. No class 10/14, 11/28.

253827-01	M,Th	6:15-7:15pm	9/9-10/24	13	\$179	MVRC
253827-02	M,Th	6:15-7:15pm	10/28-12/12	10	\$179	MVRC

Adult Ballet

Ages 18 & up. Discover the strength, beauty, elegance and grace of ballet, while improving coordination, flexibility, breathing and posture. Use all the muscle groups and challenge the body and mind to create a flow of movement that enhances the quality of learning ballet. Instructor Ms. Lynne. Min 6/Max 12. No class 10/14, 11/28.

253810-01	M,Th	9:15-10:15am	9/9-10/24	13	\$165	MVRC
253810-02	M,Th	9:15-10:15am	10/28-12/19	15	\$165	MVRC
253810-03	M	9:15-10:15am	9/9-10/21	6	\$89	MVRC
253810-04	M	9:15-10:15am	10/28-12/16	8	\$89	MVRC

DANCE



Tap n' Ballet

Ages 4-6. Introduce your child to the joyful rhythms of Tap and the beauty of Ballet! The first half of this class will be devoted to Tap dancing and the second half will be Pre-Ballet, all focusing on building the child's grace and musicality. Tap or noisy shoes and leather Ballet shoes recommended. Instructor Go Bananas Dancing. Min 6/Max 12. No class 11/27.

252625-01 W 3:45-4:30pm 9/25-12/4 10 \$185 CHRC

Tap

Ages 5-8. Develop rhythm, style and sound! Learn a variety of tap styles using exercises focused on building flexibility of the knee and ankles, coordination, and speed of movement. Instructor Go Bananas Dancing. Min 6/Max 12. No class 11/5.

252630-01 Tu 5-5:45pm 9/24-12/3 10 \$185 CHRC

Contemporary Dance **NEW!**

Ages 5-8. Blend freedom of expression, interpretation of music, principles of fall and recovery, control, breathing, balance and contraction/release. This dance form allows students to explore their individual dance styles outside of the structure of traditional ballet and jazz classes. Instructor Kirstan Fuller. Min 6/Max 12. No class 10/12, 11/30.

252631-01 Sa 12-12:50pm 9/21-12/7 10 \$169 PHRC

Waltz/Rumba Dance Class **NEW!**

Ages 18 & up. The classic slow, romantic dances of Europe and Latin America, both waltz and rumba are comprised of soft, round, flowing movements. Learn to lead and follow as well as the steps and styling to be able to step on the dance floor with confidence. Instructor Kathy. Min 4/Max 24.

253102-01 Tu 7:30-8:45pm 9/24-10/29 6 \$95 ODRC

Social Dance **NEW!**

Ages 18 & up. No more sitting at the next wedding or New Year's party! Master the basic steps of social-style foxtrot, cha cha and swing, and add a few fun steps to your slow dance. Learn to lead and follow as well as the steps and styling to be able to step out on the dance floor with confidence. Instructor Kathy. Min 4/Max 20. No class 11/27.

253103-01 W 7:30-8:30pm 11/6-12/18 6 \$95 ODRC

Cha Cha/Triple Swing Dance Class **NEW!**

Ages 18 & up. Cha Cha and swing are the most modern of the ballroom dances. Danced with a distinctive cha-cha-cha (4-and-1) and trip-le-step (1-and-2) chasses, these two dances are fast, playful and flirtatious. Learn to lead and follow as well as the steps and styling to be able to step out on the dance floor with confidence. Instructor Kathy. Min 4/Max 20.

253113-01 W 7:30-8:30pm 9/25-10/30 6 \$95 CHRC

Senior Line Dance **55+**

Ages 55 & up. This class is designed for seniors to improve endurance, balance, circulation, memory, and socialization through easy and fun line dance. Participants will be led by an experienced and qualified instructor. Instructor Rodney Bates. Min 4/Max 20.

254009-01 F 11:30am-12:30pm 9/6-11/22 12 \$109 PHRC

MUSIC



Little Hands Music

Ages 0-7. Shake, rattle and roll with bells, shakers, sticks, drums, and more! Move with scarves, parachute, and hoops to fully experience the joy of movement and music of this session's theme. All classes are taught by experienced music educators and trained music therapists. **Register at littlehands.com or call 703.631.2046.** Instructor Little Hands Music. Min 6/Max 12. No class 10/14, 11/5.

Tu	11-11:30am	9/24-12/10	11	\$199	CHRC
M	10-10:30am	9/23-12/9	11	\$199	CHRC
M	10:45-11:15am	9/23-12/9	11	\$199	CHRC
Tu	9:30-10am	9/24-12/10	11	\$199	CHRC
Tu	10:15-10:45am	9/24-12/10	11	\$199	CHRC
Tu	12:30-1:15pm	9/24-12/10	11	\$209	CHRC

Little Fingers Piano

Ages 2-5. Our youngest musicians will participate in age-appropriate guided musical exploration. Rental instruments and music included. Students will take instruments and music home between classes to enjoy. A rental agreement must be signed, and instruments must be returned in same condition at the last scheduled class date. Instructor Learn Now Music Inc. Min 6/Max 12.

252618-01 F 10:30-11:15am 9/27-11/22 9 \$185 CHRC

Groovy Guitar

Ages 5-12. Learn the basics of guitar in a group lesson format. Students will learn about the instruments as well as how to play in a music group. Rental instruments and music included. Students will take instruments and music home between classes to enjoy. A rental agreement must be signed, and instruments must be returned in same condition at the last scheduled class date. Instructor Learn Now Music Inc. Min 6/Max 12.

252617-01 Tu 6-7pm 10/1-11/19 8 \$195 ODRC

Private Music Lessons

Ages 6 & up. Learn a new artistic skill or continue developing! Enjoy one-on-one 30-minute lessons in piano, violin, cello or double bass. Piano provided, other instruments must be brought by students. Please call 703.746.5570 to schedule a lesson or inquire about lesson times, must be scheduled minimum 5 days before first lesson. Instructor Mark Evans. Min 1/Max 8.

252611-01 F 3-8:30pm 9/27-12/13 12 \$425 CHRC

252611-02 W 1-6pm 9/25-12/11 12 \$425 ODRC

PERFORMING ARTS

Family Improv! **NEW!**

Ages 4 & up. Bring the entire family out for an hour of silliness with theater games! This activity taps into emotions in a positive way, teaches problem solving and team building. Please wear comfortable clothes and come ready to play and laugh with us! Each family member must be registered to participate. Instructor CARE Actor. Min 5/Max 10.

253100-01 F 6:30-7:30pm 10/4 1 \$15 ODRC

VISUAL ARTS

**ART BOX: Preschoolers Paint** **+ADULT** **NEW!**

Ages 0-3 with adult. Discover the wonders of sensory art using unconventional materials to explore texture, form and space. Food-based paint and child-friendly painting tools stimulate learning in a creative, fun and active kid-friendly environment. Participants create special hand/footprint keepsakes and artwork. Min 6/Max 24. No class 11/28.

253821-01	Th	10-10:45am	9/12-10/17	6	\$129	MVRC
253821-02	Th	10-10:45am	10/31-12/12	6	\$129	MVRC

ART BOX: Art on Overload **+ADULT** **NEW!**

Ages 0-3 with adult. Enjoy hours of sensory art exploration and messy creativity for preschoolers. Children rotate sensory table activities like "No Mess Finger Painting", Marble Painting, Shaving Cream Art, Spray Painting, Painting with Edible Paint, Watercolor Resist Painting, Jell-O Art, and more. Your child won't want to leave! Min 25/Max 50.

253824-01	Sa	9:30am-12pm	9/14-10/19	6	\$99	MVRC
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Ooey Gooley Art

Ages 18 mos.-3 yrs. Smash, mush, smooch, and mash! Experiment with all kinds of unusual materials to create colorful and creative works of art. Explore sculpture, painting, edible art, and more as we celebrate creativity! Weekly themes will have parents and children working together by having a fun and creative time. Instructor Kai Seay. Min 3/Max 8. No class 11/26.

252628-01	Tu	10-10:30am	9/24-10/22	5	\$65	NLRC
252628-02	Tu	10-10:30am	11/5-12/10	5	\$65	NLRC

Abrakadoodle Twoosy Doodlers **+ADULT**

Ages 20 mos.-3 yrs. with adult. Little fingers will experiment with painting, gluing, sticking, printing and creating while developing fine motor, language and self-help skills. This is a fun "I can do it" class. Each session has new activities, and moms and helpers get to play too. Instructor Abrakadoodle. Min 4/Max 12. No class 11/5, 11/28.

252600-01	Tu	10:15-10:55am	9/24-12/3	10	\$195	MVRC
252600-02	Th	10:15-10:55am	9/26-12/5	10	\$195	CHRC

Stop, Drop & Art **+ADULT** **DROP-IN**

Ages 2-5 with adult. Create a fun take-home project. Participants will enjoy hands-on instruction in a variety of mediums, with a different project every week. Instructor Abby. Nonresidents \$7. Max 10.

254204-01	Tu	9am-9:45pm	10/8	1	\$5	CQRC
254204-02	Tu	9am-9:45pm	11/12	1	\$5	CQRC
254204-03	Tu	9am-9:45pm	12/10	1	\$5	CQRC

Masterpiece for Kids

Ages 2½-5. Your little artist can explore the wonders of fine art while learning about a few famous painters such as Van Gogh, Frida Khalo, Georgia O'Keeffe and more. We will learn fine motor skills through music, stories, and hands on experience. Instructor Kai Seay. Min 3/Max 10.

252629-01	Tu	6:30-7:15pm	9/24-10/22	5	\$75	ODRC
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Friday Art Blast **INCLUSION** **+ADULT**

Ages 3-5 with adult. Have you ever drawn a picture to show how you are feeling? Art Blast is a powerful way to express creativity and emotions in a fun way. Children will have the enjoyment of painting, visualize through collages, and express through clay and drawing. Children will be grouped by age. There is a \$15 non-refundable supply fee included in the cost of the class. Min 4/Max 8.

253001-01	F	10-11am	9/6-9/27	4	\$85	NLRC
253001-02	F	10-11am	10/4-10/25	4	\$85	NLRC
253001-03	F	10-11am	11/1-11/22	4	\$85	NLRC

**Abrakadoodle Mini Doodlers**

Ages 3-6. Develop creativity through lessons designed to ignite imagination and develop skills. Using real artists' materials including watercolors, tempera paints, oil pastels, creative tools and more, children create unique masterpieces. All materials are included. Instructor Abrakadoodle. Min 4/Max 12. No class 11/27.

252613-01	W	3-3:45pm	9/25-12/4	10	\$195	PHRC
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Artistic Drawing with Young Rembrandts **NEW!**

Ages 6-12. Encourage your child's enthusiasm for art while they develop their skills. Students deconstruct complex objects into familiar shapes; then use problem-solving and imagination to make their own works of art. Innovative reasoning skills are developed through creativity, collaborative communication, and critical thinking. Instructor Young Rembrandts. Min 5/Max 15.

252626-01	Tu	5-6pm	9/24-10/29	6	\$189	CHRC
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First Friday: Family Art Night **+ADULT**

Ages 6 & up with adult. Love to create art? Professional artists will guide you through creating your own masterpiece in a unique memorable family art evening. Art supplies and light refreshments provided. Min 10/Max 30.

Mosaic

255201-12	F	6-10pm	10/4		\$9	ODRC
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Painting

255201-13	F	6-10pm	10/4		\$9	ODRC
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Clay

255201-14	F	6-10pm	10/4		\$9	ODRC
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Young Potters

Ages 7-12. Students of all levels will learn to create hand-built pottery using slab construction and make coil pots. Min 6/Max 12. No class 11/30.

253819-01	Sa	9:30-10:30am	9/14-10/19	6	\$49	MVRC
253819-02	Sa	9:30-10:30am	11/2-12/14	6	\$49	MVRC



creative & performing arts

Learn to Make Jewelry

Ages 18 & up. Learn about jewelry making through terminology, tools, and materials. Achieve a professional finished look using a bead board for design, while working with memory wire for structure and proper finishing. Supplies are required for this class. Min 6/Max 12. No class 11/30.

253828-01	Sa	11am-12pm	9/21-10/26	6	\$49	MVRC
253828-02	Sa	11am-12pm	11/9-12/21	6	\$49	MVRC

Artworks TR

Ages 18 & up. Let your creative side shine while using a variety of art mediums and learning new skills! This program is geared towards individuals with intellectual and developmental disabilities. An initial assessment is required for new participants prior to starting programs. Online registration is not available. Please contact the Therapeutic Recreation office for more information at 703.746.5535. Min 6/Max 12. No class 10/14.

253000-01	M	3:30-5pm	10/7-10/28	3	\$19	NLRC
253000-02	M	3:30-5pm	11/4-11/18	3	\$19	NLRC
253000-03	M	3:30-5pm	12/2-12/16	3	\$19	NLRC

Family Art Splash! NEW!

All Ages. Art Splash offers a tempting palette of art workshops exploring various mediums from painting to sculpting and much more. It doesn't matter if you don't have previous art training, our trained art teachers will guide you through the process step by step. So bring your creativity and willingness to try for a relaxing experience. Instructor Abrakadoodle. Min 5/Max 10.

253110-01	F	6:30-8:30pm	10/25	1	\$35	PHRC
253110-02	Sa	1-3pm	11/16	1	\$35	CHRC

COOKING

Breakfast for Dinner NEW!

Ages 5-12. Turn your favorite breakfast dishes into the main event. How about a cheddar-chive frittata with fresh salsa? Brunch pasta with bacon and eggs? Or a more traditional French toast, dressed up with bananas and blueberries? Any way you slice it, your little chef will love tucking into these comforting breakfast classics. Instructor Tiny Chefs. Min 8/Max 20.

242619-01	W	5-6pm	9/25-11/13	8	\$209	ODRC
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Dejar Cocinar, Let's Cook! NEW!

Ages 9-12. Learn fun and easy to make traditional Latin American recipes, create a mini cookbook, and learn Spanish vocabulary too! Recipes include: Arroz con Pollo, Empanadas, Fried Plantains and Churros. Min 5/Max 10.

243500-01	Sa	10am-12:30pm	9/21-10/12	4	\$35	CBRC
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Adult Cooking Series NEW!

Ages 18 & up. Learn fundamental skills, concepts and techniques that become increasingly more complex as the program progresses. Participants will demonstrate skills learned before moving on to more challenging techniques. Leave the workshop with the skills to prepare a complete meal using a variety of cooking techniques. Instructor Tiny Chefs. Min 4/Max 10.

243101-01	F	6:30-8:30pm	10/11	1	\$69	CHRC
243101-02	F	6:30-8:30pm	11/22	1	\$69	CHRC

Torpedo Factory Art Center

105 N. Union St. • 703.746.4570 **FREE ADMISSION**

torpedofactory@alexandriava.gov • torpedofactory.org

Hours: Su-W & F-Sa: 10 am-6 pm; Th: 10 am-9 pm

This year marks the centennial for Torpedo Factory Art Center's building. It's also the 45th anniversary as an Art Center. Find activities and special events to mark the occasions at torpedofactory.org/events. Stop by to see work by 165 artists in 82 studios and three floors. Watch them work, ask questions, and be inspired.



CONNECT @torpedofactory



#artsALX #torpedofactory

24th Annual Art Safari

Saturday, October 19, 12-5 p.m. FREE

An Alexandria tradition for almost a quarter-century, Art Safari returns for a day of hands-on activities for kids and families. Dozens of artists lead budding art enthusiasts in exciting projects throughout the building. Dress to get a little messy. Details at torpedofactory.org/events.

UpCycle Creative Reuse Center

At UpCycle CRC, artistic creativity and conservation go hand in hand. UpCycle's visual arts programs integrate reclaimed materials and various arts media in exploratory art experiences and project work. For more information about classes and camps, visit UpCycleCRC.org



National Arts & Humanities Month

October is National Arts and Humanities Month. For more than 30 years, this coast-to-coast collective recognition celebrates the importance of culture in America. Take advantage of the arts in our community in October and all year long. Find upcoming arts events from across Alexandria at visitalexandriava.com/Art.

MAKE THE WORLD A BETTER PLACE. Investigate Alexandria's natural resources and its inhabitants and learn how to care for the environment. Don't wait, quench your curiosity today.



NATURE

Fledglings **+ADULT**

Ages 2-3 with adult. Toddlers and their parents or caregivers are invited to join us for story time at the nature center. Each month will feature a new story and activity! Fee covers cost of all three sessions. Min 5/Max 12.

269801-01 F 10:30-11:15am 10/11,11/15,12/13 \$19 BFNC

Nature Play **+ADULT** **DROP-IN**

Ages 2-4 with adult. You're invited to join our nature play dates! Facilitated by a Naturalist, children will explore nature based indoor or outdoor activities. Activities will vary each month and will include both structured and unstructured play. Min 5/Max 10.

269811-01 Sa 10:30-11:30am 9/28 1 \$5 BFNC

269811-02 Sa 10:30-11:30am 10/26 1 \$5 BFNC

Little Adventures **+ADULT**

Ages 3-5 with adult. Explore the world of nature through a series of programs developed just for you and your child! We'll play games, make crafts, hike through the forest, and much more! Siblings welcome. Fee covers cost of all three sessions. Min 6/Max 12.

269800-01 F 10:30am-12pm 10/4,11/8,12/6 \$29 BFNC



Nature Craft

Ages 4-5. Find, touch and transform nature into fun take-home projects. Learn about the local environment as we find pinecones to make bird feeders, go under the sea as we make aquatic dioramas, and explore the North Pole and the critters who live there with games, stories and more. Min 6/Max 12.

263613-01 Th 10-10:45am 9/12-10/17 6 \$75 CHRC

Tracks and Traces

Ages 4-8. Whose tracks are those? Learn how to identify animal tracks and signs in Dora Kelley Nature Park. Program includes a short presentation, a craft, and a walk through the woods! Min 5/Max 12.

269818-01 Sa 10-11:30am 12/7 1 \$5 BFNC

Holiday Ornament Workshop

Ages 6-11. Children can brighten up their holidays by making their own ornaments in this workshop! All materials provided. Min 5/Max 10.

269831-01 Sa 1:30-3pm 12/14 1 \$9 BFNC

Decorate a Tree for Birds

Ages 5-11. Birds need a holiday too! Make birdseed ornaments and garlands to decorate a backyard tree for our feathered friends. All materials included. Min 5/Max 12.

269816-01 Sa 10:30-11:30am 12/21 1 \$5 BFNC

School's out, Nature's in!

Ages 5-11. On days ACPs schools are closed, participants will enjoy nature-themed games and crafts, hike in Dora Kelley Nature Park, meet live animals, and more! Lunch and snacks included. Min 5/Max 10.

569802-10 Tu 9:30am-3pm 11/5 1 \$65 BFNC

Nature Buddies Afterschool Program

Ages 5-10. Your child can expect endless afterschool fun through hikes, outdoor exploration, science experiments, animal care, and other fun activities! Transportation is available through ACPs. For full program description and packet visit alexandriava.gov/NatureCenter. \$350 per child, per month. Sibling discount and financial aid is available for qualifying families. Min 10/Max 20.

569806-01 M-F 2:30-6pm school year \$350/month BFNC



Jerome "Buddie" Ford Nature Center alexandriava.gov/NatureCenter
5750 Sanger Ave. • 703.746.5559 • Hours: W-Sa 10 am-5 pm year-round; Su 1-5 pm April-October

FREE ADMISSION!

Dora Kelley Nature Park

- 50-acre wildlife sanctuary
- 1-mile paved trail along streams, wooded hills and marshland

Year-Round Exhibits

- Mary Anne Warner's 16' x 7' oil mural, "Wildlife of the Dora Kelley Nature Park"
- Mounted black bear, red fox, turkey & bobcat
- Exhibits on local geology, culture, insects, birds of prey and aerial maps
- Live turtles, snakes, toads, salamanders and more
- Greenhouse with a variety of fruit trees, herbs and flowers
- MicroEye interactive exhibit; view specimens up to 40x zoom

And Much More! Interpretive and outreach programs are available for birthday parties, school field trips and Boy/Girl Scout badge projects. Email nature.center@alexandriava.gov to request the free quarterly *Nature News* Digital Newsletter.

afterschool & out of school programs

SCHOOL IS OUT... LET THE FUN CONTINUE! Afterschool programs offer activities incorporating play, learning, cultural enrichment and positive social interaction.



2019-20 School Year Power-On!

Ages 5-12 in Kindergarten through Grade 6

as of Sept. 30, 2019. Join us for an Epic Adventure this school year! Afterschool fun includes creative and performing arts, music, history, sports, fitness, health, family events, field trips and homework time. Youth are encouraged to develop a sense of camaraderie, sportsmanship, and an understanding of teamwork!

Important Dates:

August 23 at 7 pm: Online registration closes until September 6.

August 26-September 6: Walk-in registrations accepted only at the Registration & Reservation Office, 1108 Jefferson St.

Program registration forms are required to complete registration and are available at host sites, the Lee Center or at alexandriava.gov/Recreation. All participants must be residents of the City of Alexandria. Space is limited, holiday hours and maximums vary by location. Program meets on days when ACPS schools are open.

502901-01	M-F	2:30-6pm	9/3-6/19	200	\$475	JAES
502902-01	M-F	2:30-6pm	9/3-6/19	200	\$475	DMES
502903-01	M-F	2:30-6pm	9/3-6/19	200	\$475	FDSE
503500-01	M-F	2:30-6pm	9/3-6/19	200	\$475	CBRC
503600-01	M-F	2:30-6pm	9/3-6/19	200	\$475	CHRC
503700-01	M-F	2:30-6pm	9/3-6/19	200	\$475	CKRC
503800-01	M-F	2:30-6pm	9/3-6/19	200	\$475	MVRC
504000-01	M-F	2:30-6pm	9/3-6/19	200	\$475	PHRC
504100-01	M-F	2:30-6pm	9/3-6/19	200	\$475	WRRC

2019-20 Power-Full Fun Days

Ages 5-12 in Kindergarten through Grade 6 as of Sept. 30, 2019.

Designated locations provide safe, supervised play activities on days ACPS schools are closed. Youth enrolled in any Power-On program may attend at no extra cost, all other City youth attend for a fee. Before Care is provided 8-9am for an extra \$5 fee for all participants. All youth must bring a lunch; an afternoon snack is provided.

M	9am-6pm	10/14	\$15/day	CHRC/PHRC
T	9am-6pm	11/5	\$15/day	RC*
W	9am-6pm	11/27	\$15/day	RC*
F	9am-6pm	11/29	\$15/day	CHRC/PHRC
M	9am-6pm	12/23	\$15/day	RC*
Th,F	9am-6pm	12/26-12/27	\$15/day	RC*
M,Tu	9am-6pm	12/30-12/31	\$15/day	RC*
Th,F	9am-6pm	1/2-1/3	\$15/day	RC*

Dates and times subject to change based on ACPS calendar.

*Available only at Out of School Time sites located at Recreation Centers, including CBRC, CHRC, CKRC, MVRC, PHRC, WRRC

Afterschool Teen Club

Grades 6-9. The supervised teen lounge is the perfect place to hang with friends, play table and video games, and do homework. Call 703.746.5554 for information. Min 20/Max 70. No class 10/9, 1/1, 1/15, 2/19, 5/28.

543703-04	M-F	3:30-7:30pm	9/3-6/19	200	\$199	CKRC
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Power-On Mainstream at Patrick Henry **NEW!** **INCLUSION**

Ages 5-11. Does your child need extra support to be successful in the Power-On Afterschool Program? Participants with disabilities have the opportunity to engage in recreation activities with their typical peers. Therapeutic Recreation Leaders adapt activities and provide support to those used to a mainstream classroom and requiring minimal support to follow directions and participate in a large group setting of 25 or more. Min 2/Max 6.

Ages 5-6

504004-01	M-F	2:30-6pm	9/3-6/19	\$475	PHRC
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Ages 7-8

504004-02	M-F	2:30-6pm	9/3-6/19	\$475	PHRC
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Ages 9-11

504004-03	M-F	2:30-6pm	9/3-6/19	\$475	PHRC
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Youth Achieving Greatness

Ages 5-15. Participants engage in structured enrichment activities to increase independence, learning, socialization and leadership in a small group (1:15 staff to child ratio). Have FUN with a PURPOSE, with tutoring, fitness, cooking, chess, gymnastics, music, performing arts, games and more! Min 30/Max 125. No class 10/14, 11/5, 11/27, 11/28, 11/29.

243002-01	M-F	2:30-6pm	9/3-12/20	74	\$399	NLRC
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ESP- Extended Service Program (Min 7/Max 30)

203005-01	M-F	6-7pm	9/3-12/20	74	\$369	NLRC
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TR Achieving Greatness **TR**

Ages 6-17. Therapeutic Recreation participants only. Are you looking for a program that will help your child develop important life skills, increase confidence, build social skills and lasting friendships? Participants will engage in structured enrichment activities in a safe and welcoming environment. Because an assessment is needed, in-person registration is required. Please contact the Therapeutic Recreation office to get more information at 703.746.5535. Min 12/Max 24. No class 10/14, 11/5, 11/27, 11/28, 11/29.

203000-00	M-F	2:30-6pm	9/3-9/30	20	\$149	NLRC
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203000-01	M-F	2:30-6pm	10/1-10/31	22	\$149	NLRC
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203000-02	M-F	2:30-6pm	11/1-11/26	17	\$149	NLRC
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203000-03	M-F	2:30-6pm	12/2-12/20	15	\$149	NLRC
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ESP- Extended Service Program (Min 7/Max 30)

203005-01	M-F	6-7pm	9/3-12/20	74	\$369	NLRC
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Kids Day Out

Ages 5-15 for General Recreation. Ages 6-19 for Therapeutic Recreation.

Get out and have fun with your friends on days when ACPS schools are closed! Engage in activities, including games, sports, arts & crafts, field trips and more. Before Care services are available. Min 12/Max 70.

203001-01	Tu	9am-6pm	11/5	1	\$35	NLRC
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203001-02	W	9am-6pm	11/27	1	\$35	NLRC
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203001-03	M	9am-6pm	12/23	1	\$35	NLRC
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203001-04-05	Th,F	9am-6pm	12/26-12/27	1	\$35/day	NLRC
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203001-06-07	M,Tu	9am-6pm	12/30-12/31	1	\$35/day	NLRC
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- 1) Refer to the grid below to determine the programs available by age.
- 2) Turn to the specified page for a description and registration information for each program.

	PAGE	0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18-54	55 +
Aquatics																				
Swimming																				
Alex Swim Levels 1-3	2		●	●	●	●	●	●	●	●	●	●	●	●						
Alex Swim Level 4	3						●	●	●	●	●	●	●	●						
Alex Swim Level 5	3						●	●	●	●	●	●	●	●						
Alex Swim Level 6	3						●	●	●	●	●	●	●	●						
Adult Advanced Swim	3											●	●	●	●	●	●	●	●	●
Adult Beginner Swim	3											●	●	●	●	●	●	●	●	●
Adult Swim Clinic	3											●	●	●	●	●	●	●	●	●
Dippers Adaptive Swim Level 1	3						●	●	●	●	●	●	●	●	●	●	●	●	●	●
Dippers Adaptive Swim Level 2	3						●	●	●	●	●	●	●	●	●	●	●	●	●	●
Dippers Adaptive Swim Team Prep	3						●	●	●	●	●	●	●	●	●	●	●	●	●	●
FINS Level 1	2		●	●	●	●	●	●	●	●	●	●	●	●						
FINS Level 2	2		●	●	●	●	●	●	●	●	●	●	●	●						
Homeschooler Beginner Swim	3						●	●	●	●	●	●	●	●	●	●	●	●	●	●
Homeschooler Advanced Swim	3						●	●	●	●	●	●	●	●	●	●	●	●	●	●
Teen Swim Team Prep	3											●	●	●	●	●	●	●	●	●
Water Explorers*	2	●	●	●	●															
Youth Swim Clinic	3						●	●	●	●	●	●	●	●	●	●	●	●	●	●
Aqua Aerobics																				
AM Aqua Aerobics	4																		●	●
Aqua Cycling	4																		●	●
Aqua Tabata	4																		●	●
Aquatic Dance Exercise	4																		●	●
Aquatic Exercise	4																		●	●
Deep Water Aqua Aerobics	4																		●	●
Get in Deep w/Candice	4																		●	●
Water Walking	4																		●	●
Exercise & Fitness																				
Mind/Body Wellness																				
Advanced Tai Chi	6																		●	●
Core Power Yoga	5																		●	●
Factory Flow	5																		●	●
Flex, Flow & Strength Yoga	5																		●	●
Gentle Yoga	5																		●	●
Lil' Yogis	5		●	●	●															
Mat Pilates	6																		●	●
Me, Baby, and Yoga*	5																		●	●
Pilates	6																		●	●
PiYo Power Core & More	6																		●	●
Pre-Natal Yoga	5																		●	●
Restorative Yoga	5																		●	●

	PAGE	0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18-54	55 +
Stretch it Out	6																			●
Stretch it Out-Tone	6																		●	●
Tai Chi	6																		●	●
To Yoga	5																		●	●
Vinyasa Yoga	5																		●	●
Yoga in the Morning	5																		●	●
Yoga in the Sun	5																		●	●
Cardio Workout																				
Cardio, Sculpt, and Core	6																		●	●
Hula Hoop Fusion	6																		●	●
Jazzercise	6																	●	●	●
Jacki Sorensen's Aerobic Dance	6																		●	●
LaBlast Dance Fitness & Tone	7																		●	●
Zumba	7																		●	●
Zumba® en Español	7																		●	●
Zumba Gold	7																		●	●
Zumbini-Hill and Dance	6	●	●	●	●															
Cardio & Strength																				
Balance, Coordination & Aerobics	8																		●	●
Body Part Aerobics	9																		●	●
Boxercise Level I	8																		●	●
Boxercise Level II	8																		●	●
Cardio Circuit with Resistance	8																		●	●
Cardio Kickboxing	8																		●	●
Cardio & Weight Training	8																		●	●
ChinquaCircuit	7																		●	●
Dynamic Three: Barre, Pilates, Yoga	7																		●	●
Essentrics: Age Reversing Stretch	8																		●	●
Fit4Baby	9																		●	●
Fit4Mom	9																		●	●
Functional Fitness For Older Adults	9																		●	●
Gladiator Fitness Boot Camp	8																		●	●
Hip Hop Fitness	7																		●	●
Hips, Hamstrings, & Abs	8																		●	●
MiKiDo Kids Self Defense WoRksop	7																		●	●
MiKiDo Ruff & Tumble	7																		●	●
Sergeant's Fitness Concepts	9																		●	●
Stroller Strides	8																		●	●
Walk & Fit Training	9																		●	●
WCRB Karate	7																		●	●

fun finder index

- 1) Refer to the grid below to determine the programs available by age.
- 2) Turn to the specified page for a description and registration information for each program.

	PAGE	0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18-54	55+
Sports Classes & Leagues																				
Tumbling Classes																				
Acrobatics I	10					•	•	•												
Acrobatics II	10					•	•	•	•	•										
Baby Tumbling*	10	•	•																	
Basic Tumbling	10					•	•	•	•											
Cheer Tumbling	10									•	•	•	•	•	•					
Cheer Tumbling Clinic	10									•	•	•	•	•	•					
Flip First Tumbling	10									•	•	•	•	•	•					
Gymnastics I	10					•	•	•	•											
Gymnastics II	10					•	•	•	•											
Mom/Dad & Me Tumbling*	10	•	•	•																
Soccer Classes																				
Excite Soccer	10			•	•	•	•													
Lil' Kickers	10			•	•	•	•													
Soccer Tots	10			•	•	•	•	•												
Tennis Classes																				
Adult Tennis 1	11																		•	•
Adult Tennis 2	11																		•	•
Fun & Fundamentals Tennis 1 & 2	11									•	•	•	•	•	•	•				
Little Shots	11			•	•	•														
Super Shots	11			•	•															
Additional Sports Classes																				
Jump Shots for Tots	11			•	•	•	•													
Lil' Pro Sports	11			•	•	•	•													
Lil' Lacrosse	11			•	•	•														
Lil' Sticks Girls Field Hockey	11					•	•	•												
Pickleball	11																		•	•
Preseason Basketball Fundamentals	11									•	•	•	•	•	•					
Punt, Pass & Kick Contest	11					•	•	•	•	•	•	•	•	•	•					
Teen Basketball Clinic	11													•	•	•	•			
Youth Leagues																				
Girls Volleyball League	12									•	•	•	•	•	•					
Lil' Titans Flag Football	12					•	•													
Miracle League of Alexandria Baseball	12					•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Winter Basketball League	12									•	•	•	•	•	•	•	•	•		
Youth Cheerleading	12					•	•	•	•	•	•	•	•	•	•	•				
Sports Affiliates																				
Alexandria Lacrosse Club Fall Clinic Series	12					•	•	•	•	•	•	•								
Alexandria Little League Fall Baseball	13									•	•	•	•	•	•	•	•	•	•	•

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Alexandria Rugby Club Tackle Sessions	13								•	•	•	•	•	•	•	•				
Alexandria Rugby Club Tag League	12					•	•	•	•	•	•									
Alexandria Titans Tackle Football	13								•	•	•	•	•	•	•	•	•			
ASA Academy Soccer	13								•	•	•	•	•	•	•	•	•	•		
ASA Adult Soccer	13																		•	•
ASA Ball Mastery	12					•	•	•	•	•	•	•	•							
ASA Junior Academy	12							•	•	•										
ASA Recreation Soccer League	12					•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
ASA Tots Soccer	12		•	•	•															
Adult Leagues																				
Power Plus Sports 3 vs 3 Basketball League	13																			•
Winter Coed Basketball	13																		•	•
Winter Coed Volleyball	13																		•	•
Winter Late Night Basketball	13																		•	•
Winter Mens Basketball	13																		•	•
Adult Tournaments																				
Dodgeball Tournament	13																		•	•
Fall Coed 7 on 7 Flag Football Tournament	13																		•	•
Power Plus Corn Hole Tournament	13																			•
Women's Field Hockey Tournament	13																		•	•
Enrichment																				
Education																				
B.E.A.R.*	15	•	•	•	•	•	•													
Colors, Shapes & Numbers	15		•	•	•	•														
Conversational Spanish	15																		•	•
Kid Adventure Club	15									•	•	•	•							
Learn To Bike	15								•	•	•	•	•	•	•					
Play with Clay	15					•	•	•												
Pre-K for Young Rembrandts	15					•	•	•												
Sing and Sign	15	•	•	•	•															
Socialize																				
Adult Social Club	16																		•	•
Art for Preschoolers	15					•	•	•	•											
Kid Rock Social Hour*	16					•	•	•	•											
Playtime Express*	16					•	•	•	•	•										
Soft Players*	16					•	•	•	•	•										
Teen Social Club	16														•	•	•	•	•	•
Tummy Time*	15	•																		

*Requires guardian and child participation

- 1) Refer to the grid below to determine the programs available by age.
- 2) Turn to the specified page for a description and registration information for each program.

	PAGE	0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18-54	55+
Technology & Science																				
LEGO® Mechanics & Engineering	16					●	●	●	●	●										
Preschool LEGO Duplo STEAM	16		●	●	●															
Science Art Mania	16				●	●	●	●	●	●	●	●	●							
Science Seed: Lil Scientist	16		●	●	●															
STEM DIY	16				●	●	●	●	●	●	●									
Creative & Performing Arts																				
Ballet & Dance																				
Adult Ballet	17																		●	●
Advanced Mlyna Ballet II	17								●	●	●	●	●	●	●					
Ballet I	17				●	●	●													
Ballet II	17					●	●	●	●	●										
Mlyna Ballet I	17				●	●														
Mlyna Ballet II	17					●	●	●	●	●										
Mlyna KinderBallet	17			●	●															
Mommy & Me: Let's Play Ballet*	17		●	●																
Pre-Ballet with Go Bananas Dancing	17		●	●	●															
Pre-Ballet & Movement I	17		●	●	●															
Pre-Ballet & Movement II	17		●	●	●															
Pre-Ballet & Movement II/III	17		●	●																
Dance																				
Cha Cha/Triple Swing Dance Class	18																		●	●
Contemporary Dance	18				●	●	●	●												
Senior Line Dance	18																			●
Social Dance	18																			●
Tap	18				●	●	●	●												
Tap n' Ballet	18			●	●	●														
Waltz/Rumba Dance Class	18																		●	●
Music																				
Groovy Guitar	18				●	●	●	●	●	●	●	●								
Little Hands Music	18	●	●	●	●	●	●	●												
Little Fingers Piano	18	●	●	●	●															
Private Music Lessons	18					●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Performing Arts																				
Family Improv!	18		●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Visual Arts																				
ART BOX: Art on Overload*	19	●	●	●																
ART BOX: Preschoolers Paint*	19	●	●	●																
Artistic Drawing with Young Rembrandts	19				●	●	●	●	●	●										

	PAGE	0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18-54	55+
Artworks																				
Artworks	20																		●	●
Family Art Splash!	20	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
First Friday: Family Art Night	19					●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Learn to Make Jewelry	20																		●	●
Masterpiece for Kids	19		●	●	●	●														
Mini Doodlers*	19		●	●	●	●														
Ooey Goopy Art	19	●	●	●																
Stop, Drop & Art*	19		●	●	●	●														
Twoosy Doodlers*	19	●	●	●																
Young Potters	19							●	●	●	●	●	●							
Cooking																				
Adult Cooking Series	20																		●	●
Breakfast for Dinner	20					●	●	●	●	●	●	●	●							
Dejar Cocinar, Let's Cook!	20									●	●	●	●							
Environmental Education																				
Nature																				
Decorate a Tree for Birds	21					●	●	●	●	●	●	●								
Fledglings*	21		●	●																
Little Adventures	21		●	●	●															
Holiday Ornament Workshop	21					●	●	●	●	●	●									
Nature Buddies Afterschool	21					●	●	●	●	●	●									
Nature Craft	21			●	●															
Nature Play*	21	●	●	●																
School's out, Nature's in!	21					●	●	●	●	●	●	●								
Tracks and Traces	21					●	●	●	●	●										
Out of School Time																				
Afterschool Teen Club	22										●	●	●	●	●	●				
ESP - Extended Service Program	22										●	●	●	●	●	●	●	●	●	●
Kids Day Out	22										●	●	●	●	●	●	●	●	●	●
Power-Full Fun Days	22										●	●	●	●	●	●				
Power-On Mainstream	22										●	●	●	●	●	●				
TR Achieving Greatness	22										●	●	●	●	●	●	●	●	●	●
Youth Achieving Greatness	22										●	●	●	●	●	●	●	●	●	●
Winter Camps																				
Adventures in STEM using LEGO®	14					●	●	●	●	●										
Autumnal Cupcake Wars	14					●	●	●	●	●										
Holiday Dips and Donuts	14					●	●	●	●	●										
Hoop Life Winter Basketball Camp	14				●	●	●	●	●	●	●	●	●	●						
Indoor Soccer Camp	14					●	●	●	●	●										
Engineering w/Little Bits	14					●	●	●	●	●										
Winter Wonderland Camp	14		●	●	●	●	●	●												

*Requires guardian and child participation

community activities & events

WHAT'S HAPPENING? Stay in the know with our new selection of trips and activities. There's fun for the whole family!





Ticketed Events

at Oswald Durant Center

First Fridays

Dances Around the World
Friday, November 1 • 6-9 p.m.
Season of Celebrations
Friday, December 6 • 6-9 p.m.

\$9 each, under 5 free

Take a spin around the world in an evening of dance and music.

Bagels and Bach

Sunday, October 6 • 11 a.m.-1:30 p.m.
Sunday, December 1 • 11 a.m.-1:30 p.m.

\$9 each, under 5 free

Enjoy a light brunch to classical music performed by local musicians, including quartets, quintets and sextets.

Puppet Shows

Saturday, September 21 • 10 a.m. • 11:15 a.m.
Saturday, October 19 • 10 a.m. • 11:15 a.m.
Saturday, November 16 • 10 a.m. • 11:15 a.m.

All tickets; \$6 each

Children of all ages will enjoy a one-hour puppet show presented in collaboration with the Office of the Arts.

Harp and Flute, American Youth Philharmonic Concert

Saturday, December 14 • 2 p.m.

\$9 each, under 5 free

Enjoy the afternoon of classical harp and flute music performed by members of the American Youth Philharmonic Orchestra.

Silly Goose and Val Holiday Extravaganza

Saturday, December 21 • 10 a.m.

\$9 each

Silly Goose and Val will help you get into the holiday spirit with their Holiday Extravaganza show.

For information about upcoming events or to purchase tickets, follow these simple steps:

- 1) Visit www.alexandriava.gov/WebTrac
- 2) Select 'Ticket' from the Search menu
- 3) View all ticketed events or filter results by date or keyword
- 4) Use the shopping cart icon to purchase tickets with the option to continue as a guest.

Please note that all advanced ticket sales must be performed online using credit card or eCheck and all ticket sales are considered final. Tickets may be purchased at the door. Call 703.746.5565 for details.

COMMUNITY ACTIVITIES

Tutus and Bowties Art Party

Ages 2-8. Join a themed pARTy created for Princes and Princesses! Kids make their own personal Tutus and Bow Ties to wear. Grab props at the pARTy selfie station, visit cookie decorating and ice cream stations and explore edible paint creations while enjoying refreshments and Kids Bop Tunes! Min 5/Max 25.

283822-01	F	6:30-8:30pm	11/15	1	\$25	MVRC
284104-01	Sa	1-3pm	12/7	1	\$25	WRRC

Let's Project Together NEW!

Ages 3 & up. Refreshments, "Juicy-Sip & Paint" and Abstract Spray Painting to the latest music beats from Kids Bop create a unique experience for families to spend time together. Conventional and unconventional painting materials create an afternoon of art interpretation and fun! Min 5/Max 25.

284109-01	Sa	10am-12pm	10/19	1	\$15	WRRC
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Family Adventure Night TR NEW!

Ages 4-17 and their families. Themed activities build additional support systems with other families while enjoying group activities. Min 10/Max 30.

283000-01-04	F	7-8:30pm	9/27,10/25,11/22,12/20	\$9ea.	NLRC
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Festival of Lights NEW!

Ages 5-12. Travel to Watkins Regional Park in Largo, MD and enjoy millions of festive lights and displays that twinkle and light the sky. Min.10/Max 20.

282900-01	F	5:30-9:30pm	12/13	1	\$9	LEEC
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Daddy/Daughter Hair Lessons +ADULT

Ages 5-14 with adult. It's about the bond, not the braid! Dads and daughters review brushing hair, de-tangling, maintenance, basic braids and hair styles that keep hair out of your girl's faces, while encouraging a healthy relationship. Instructors T. C. Williams Cosmetology students. Supplies provided. Min 5/Max 10.

282601-01	Th	6-7:30pm	10/3	1	\$19	TCHS
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Nerf The Turf

Ages 7-12. More than a battle with foam darts, kids develop teamwork, problem solving and sportsmanship skills. Bring gear and equipment and we will supply the ammo. Each day is a different theme. Min 10/Max 40.

283503-01-04	F	6:30-8:30pm	10/4,10/18,11/8,11/22	\$15ea.	CBRC
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Nerf Rivals NEW!

Ages 11-14. Grab your friends and rivals to explore fun battle scenarios. Exclusively using Nerf Rival gear, ammo and equipment, your team will strategize to build forts, avoid ambushes, and lead your team to victory. Min 6/Max 30.

284001-01	F	6:30-8:30pm	11/1	1	\$19	PHRC
284001-02	F	6:30-8:30pm	11/15	1	\$19	PHRC

Middle School Skate Night

Ages 11-14. Grab some friends and come out to Patrick Henry Rec to enjoy teen skate night. Participants will have the opportunity to meet new people jam to great music, play games, win prizes all on skates. Min 12/Max 50.

284005-01	F	6:30-9pm	10/18	1	\$9	PHRC
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Registration information on page 30.

Family Cosmic Skate Night

All Ages. Flashing lights! Blasting tunes! Put on your skates and zoom zoom zoom! Families can use skates from the center or bring their own skates to enjoy an exciting evening of family friendly activities. \$5 per person and \$15 for a family of 4. Min 30/Max 70.

283709-01	F	6:30-9:30pm	9/20	1	\$5	CKRC
283709-02	F	6:30-9:30pm	11/8	1	\$5	CKRC

Family Sock Hop

Ages 5 & up. Hey Daddy-o, get out your 50's gear and come out to the hop at Mt. Vernon. This will be a fun evening for the whole family, so be there or be square. Enjoy dancing, photo opportunities, a best dressed contest and refreshments. Min 50/Max 400.

253823-01	F	6-9pm	9/27	1	\$9	MVRC
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Hand Dance & Line Dance Social

Ages 18 & up. Come out for an evening of hand dance and line dance. Light refreshments will be served. Min 50/Max 300.

283825-01	F	7-11pm	12/13	1	\$9	MVRC
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Senior Harvest Tea

50 & up. Join us for this special tea celebrating the harvest season and create a fall harvest craft. Guests will dine on sandwiches, assorted sweets, scones, and hot tea! Min 12/Max 30.

283805-01	W	11am-12pm	11/13	1	\$15	MVRC
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Grandparent's Day Tea

All Ages. It's National Grandparent's Day, so let's celebrate! Bring your special grandparent to an afternoon of appreciation, tea and light refreshments. Each child will design and present a keepsake to their grandparent to create a memorable experience. Min 8/Max 25.

283612-01	Su	2:30-4:30pm	9/8	1	\$25/pair	CHRC
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COMMUNITY EVENTS

Breakfast with Santa

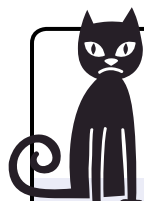
Ages 2-10. Santa and his elves are stopping by for a morning of holiday cheer and breakfast! Enjoy fun for the whole family and join us as we spread holiday cheer! Children under 5 must be with an adult. Min 25/Max 50.

283823-01	Sa	10am-1pm	12/14	1	\$15	MVRC
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Santa's FUN-derland

Ages 2-12. Encounter the magic of the holiday season at Santa's FUNderland! Our festively decorated gym is sure to warm your heart and delight your child. Create holiday-themed crafts, decorate edible snacks, and more. Max 40.

283603-01	Th	10am-12pm	12/19	1	\$9	CHRC
283603-02	Th	5-7pm	12/19	1	\$9	CHRC



Halloween Spirit Weeks

Celebrate a safe Halloween with friends in your neighborhood.

Friday, Oct. 18

Floating Pumpkin Patch 6-8pm, All Ages, \$5/person, CQRC – Dive in to pick your very own real pumpkin from the pool, then decorate it! Other themed fun will include swimming, a floating obstacle course, and Halloween treats.

Friday, Oct. 25

Boo-Fest 6-8pm, All Ages, Free, CHRC – Enjoy costume parade, carnival games, moon bounce, arts & crafts, stories, and more.

Family Masquerade Ball 6-9pm, Ages 5 & up, \$9/person, MVRC
Enjoy dancing, photo opportunities, a costume contest and refreshments.

Family October Fest 2019 4:30-8:30pm, All Ages, \$5, PHRC – Haunted House, Arts & Crafts, Spooky Musical Chairs, Face Painting, Scary Movies, Spooky Dance and more.



Saturday, Oct. 26

Halloween Strobe Light Painting 7-11pm, Ages 8 & up, \$5, WRRC – Wear a plastic poncho and gloves while painting with conventional and unconventional materials for spooky fun!

Fall Halloween Fest 12-4pm, All Ages. Free, CKRC – Kick off to FALL season with family fun activities by participating in outside activities including games Halloween themed crafts face painting vendors music and costume contests



Skate N Scare Glo Party 6-9pm, All Ages. \$9, CBRC – Enjoy family fun with Glo-skating, goolish games, creepy crafts and more! A costume contest and light refreshments will be served.

Sunday, Oct. 27

Halloweiner Fest 2:30-4:30pm, All Ages. \$9, CHRC – Furry friends compete for Best Costume, Largest Dog, Smallest Dog, Most Adorable and Coolest Trick. Proof of vaccination required. Dogs must remain on leashes. Refreshments available for sale.

Thursday, Oct. 31

Trunk or Treat Block Party 6:30-8:30pm, Ages 12 & under. Free, NLRC – Treat the whole family to a ghostly time with activities and treats while jamming with a live DJ!

special events



WHAT'S HAPPENING *in your neighborhood?*

For a complete list of City events taking place throughout Alexandria, visit alexandriava.gov/Calendar. View the Calendar of Events by upcoming events or search by date, department, location or category tag.

SEPTEMBER

7

Africa FEST presented by City of Alexandria with the African Union Representational Mission to the USA and the Smithsonian National Museum of African Art
12-5pm • Patrick Henry Recreation Center, 4653 Taney Ave.
Cheryl Anne Colton: 703.746.5565



10

Citizenship Day presented by City of Alexandria
5-7pm • Market Square, 301 King Street • Jean Kelleher: 703.746.3140

21-22

King Street Festival of the Arts
presented by Howard Alan Events & American Craft Endeavors
Sat: 10am-7pm; Sun: 10am-5pm • Old Town, Washington St. to the Waterfront • 561.746.6615 • artfestival.com

OCTOBER

5

24th Annual Art on the Avenue presented by Art on the Avenue
10am-6pm • Bellefonte/Hume Ave. • Pat Miller: 703.256.4516 or pmiller1806@comcast.net • artontheavenue.org

Civil War Artillery Day presented by City of Alexandria
10am-4pm • Ft. Ward Museum and Historic Site, 4301 W. Braddock Rd. • Susan Cumbey: 703.746.4848

12

Family Fall Festival presented by City of Alexandria
11am-3pm • Armistead L. Boothe Park • Events Hotline: 703.746.5592 or alexandriava.gov/Recreation

NOVEMBER

23

City Tree Lighting presented by City of Alexandria
6-8pm • Old Town • Events Hotline: 703.746.5592



DECEMBER

- 7** **Holiday Boat and Parade of Lights** presented by Visit Alexandria and Redpeg Marketing
4-9pm · Alexandria City Marina · Antoine Williams: 703.519.6699

49th Annual Scottish Christmas Walk

presented by City of Alexandria, The Campagna Center, and the St. Andrew's Society
10:30am-1pm · Historic Old Town Alexandria · Ann Dorman: 703.549.0111

- 18** **Santa's Winter Wonderland**
presented by City of Alexandria and ARHA
5-9pm · Charles Houston Recreation Center, 901 Wythe St.
Debbie Woodbury: 703.746.5552 or alexandriava.gov/Recreation

- 31** **First Night Alexandria**
presented by First Night Alexandria Board of Directors
2pm-12am · Historic Old Town Alexandria
Information: 703.746.3299 or firstnightalexandria.org



MIRROR MIRROR PERFORMANCE SERIES

Enjoy a series of site-specific performances for the sound-responsive, interactive installation, *Mirror Mirror*, in Waterfront Park (1 King St.). Performances are free and feature lawn seating. Please leave pets at home.

MOVEMENT: Orange Grove Dance

Friday, September 6, 8 p.m.
Saturday, September 7, 6 and 8 p.m.
Friday, September 13, 8 p.m.
Saturday, September 14, 6 and 8 p.m.

MUSIC: David Schulman

Saturday, October 5, 8 p.m.
Sunday, October 6, 8 p.m.
Rain date: Saturday, October 19, 8 p.m.

More information at alexandriava.gov/PublicArt

Connect With Us



Follow us
on Twitter

twitter.com/RPCA_AlexVA

alexandriava.gov/Recreation



Visit us
online



Sign up
for eNews
alexandriava.gov/eNews

facebook.com/RPCAAlexandriaVA

Like us on
Facebook



registration information

3 EASY WAYS TO REGISTER!

Registration for Alexandria residents begins **Wednesday, August 14 at 9 am**
Nonresident registration begins **Friday, August 16 at 9 am**



Web

- Payment by credit card (Visa/MC) or eCheck
- Visit alexandriava.gov/Recreation
- For login information, call 703.746.5414 or email registerARPCA@alexandriava.gov



Drop Off

Lee Center, 1108 Jefferson St.
Drop off registrations, regardless of the date and time received, will be retrieved for processing on opening day of registration. Drop off registration does not guarantee class/program enrollment.



Mail-In

- Lee Center, 1108 Jefferson St., Alexandria, VA 22314
- Mail completed Registration Form to address above.
- Make checks payable to pages "City of Alexandria."
- Mail registration takes up to five (5) business days to process.

Accommodations: City of Alexandria programs, services and facilities are available to all citizens regardless of race, color, national origin, sex, age or disability. The City of Alexandria complies with the Americans with Disabilities Act for qualified individuals. To make an ADA accommodation request, please call 703.746.4343 or VA Relay 711 two weeks prior to an event, activity or registration deadline. If you need assistance with making your request or have questions about types of accommodations, please call the Therapeutic Recreation Office at 703.746.5422 or VA Relay 711. The City of Alexandria Department of Recreation, Parks and Cultural Activities shall endeavor to meet requests for written material in alternative formats, including braille, within ten days of the request.

Cancellations: Classes that have not met the minimum number of enrollees are cancelled approximately one week before the start date. Participants are notified of cancelled classes by phone or email.

Class Size: The minimum and maximum number of participants is based on one instructor. Class size may be increased when instructors are added.

Confirmation: Non web registrants receive a confirmation receipt by mail. If you do not receive a confirmation in the mail, please call to confirm receipt of registration.

Drop-off Registrations: Registration forms left in the drop box at the Lee Center require up to five (5) business days for processing.

Fees: All fees must be paid in full and are due at the time of registration. Partial payment does not reserve enrollment. All personalized checks and money orders are payable to the "City of Alexandria." You may use one form and check for family registrations. Fees are subject to change without notice.

Refund/Credit Policy:

Registrants may request a refund or household credit for programs in writing to the Lee Center, 1108 Jefferson St., Alexandria, VA 22314 or by emailing registerarpc@alexandriava.gov based on the following criteria:

- Full credits are processed for activities cancelled by the department. If a refund is preferred, please let us know.
- Registrants dissatisfied with a class/program are encouraged to contact RPCA as soon as

possible so that we can make it right. If we are unable to correct the issue, a credit or refund may be issued.

- Registrants unable to attend a program due to relocation, schedule conflict, sickness or injury may request a credit or refund.
- Credits will remain on a household account for no more than 90 days. Credits older than 90 days will be processed as a refund back to the customer.
- Adult league fees are non-refundable.

Fee Assistance: To view the newly adopted fee assistance policy, and access the Financial Assistance request form, visit alexandriava.gov/12288. All residents may apply for financial assistance based on need.

Inclement Weather: To view the policy, visit alexandriava.gov/Recreation

Nonresident Fee: A fee of \$35 per person, in addition to the class fee, is required for all class sections. This fee is non-refundable except when class/activity is canceled by the Recreation, Parks & Cultural Activities Department.

Recreation Center ID Policy: Proof of residency is required to register at neighborhood recreation centers. All participants who are 13 years of age or older are required to have a recreation center photo identification (initial ID card provided free of charge) to gain entrance to neighborhood recreation centers. ID cards are good for one year (July to June) and verification of residency is required to renew each year. A \$5 fee will be charged to replace lost ID cards. Acceptable forms of identification to verify City residency include:

1. Current VA driver's license with current utility bill;
2. Current picture ID along with a current lease, City issued document or utility bill; or
3. Current Alexandria School ID (students) and verification of parent's residency. Parents residency may be verified as stated above.

Release: Participants in activities sponsored or cosponsored by the Department of Recreation, Parks and Cultural Activities consent to the City's use of any photograph, film or videotape of the activity in any marketing or promotional material.

Senior Discount: City residents 60 and older receive a 20% discount upon request. Visit alexandriava.gov/12288 for details about the newly adopted fee assistance policy.

Therapeutic Recreation: Participants are required to have an Individualized Education Plan (IEP) or 504 Plan. All programs require an initial assessment and eligibility approval prior to participation in programs. To register, call 703.746.5422.

Wait List: If a class is full, a wait list is generated and individuals on the wait list will be contacted if space becomes available.

Waiver: Fees, programs and hours subject to change. Visit alexandriava.gov/Recreation or call 703.746.4343 for additional information.

Questions? Call 703.746.5414 (M-F 9 am-7 pm),
VA Relay 711 or email registerarpc@alexandriava.gov
Registration begins: August 14 (Resident) &
August 16 (Nonresident)

1 HOUSEHOLD INFORMATION - PLEASE PRINT *Required Information. Refund Policy included in registration information on previous page.

* Name of Head of Household (First/Last) _____ Check if change of ☐ Address ☐ Phone ☐ Email - Effective Date _____

* Address _____ * City, State, Zip _____

* Home Phone _____ Work Phone _____ Cell Phone _____

* Head of Household Birthday ____/____/____ * Male/ Female? (Circle) Email Address _____

2 ACTIVITY REGISTRATION (Please fill out completely. Attach an additional sheet if necessary)						
Participant's Name	Gender M / F	Date of Birth	Activity Title	Activity #	Start Date	Fee
Joey Sample	M	1/2/12	Soccer Tots	322610-01	1/18/18	\$169

Make checks payable to “City of Alexandria”

3 PLEASE READ AND SIGN BELOW:

Hold Harmless Agreement: In consideration of the City of Alexandria, Department of Recreation, Parks and Cultural Activities, conducting various programs and allowing the above to participate in such programs, the undersigned realizing the risk of injury attendant to such programs, does hereby and forever discharge the City of Alexandria, Department of Recreation, Parks and Cultural Activities and its officers, agents, and employees from any and all action, claims or liability resulting from or arising out of or based upon any bodily injury or property damage which may be sustained by the undersigned or the undersigned's child while participating in such programs.

Signature required of adult participant, parent or guardian of child _____ **Date** _____

UNSIGNED REGISTRATION FORMS ARE RETURNED AND MAY AFFECT REGISTRATION IN CLASS

FEE ASSISTANCE PROGRAM FOR CITY RESIDENTS

The Department of Recreation, Parks and Cultural Activities encourages participation in City programs from all City residents. If you, a member of your family or a friend would like to participate in programs or activities sponsored by this department and are in need of fee assistance in order to participate, please contact the sponsoring program office for more detailed information at least two weeks in advance. For general information, please call 703.746.4343 or use VA Relay 711.

4 REGISTRATION METHOD

Mail-In or Drop-Off:
Registration & Reservations/Lee Center
1108 Jefferson St., Alexandria, VA 22314

Web:
alexandriava.gov/Recreation

Questions?
Call 703.746.5414
Email registerARPCA@alexandriava.gov

Questions?
Call 703.746.5414
Email registerARPCA@alexandriava.gov

registration information

AGES 55 & UP



See the **Fun Finder Index** on pages 23-25 for a listing of recreation opportunities for ages 55 and up or look for the **55+** icon throughout this program guide. To subscribe to receive the Power Plus Brochure of all programs and services for ages 55 and up, call 703.746.5431.

POWER PLUS PARTNERS

Northern Virginia Senior Olympics

The 2019 Olympics will be held Sept. 14-28 at 28 venues sponsored by Alexandria, Arlington, Fairfax, Falls Church, Fauquier, Loudoun and Prince William. Over 800 adults ages 50-100 are anticipated to take part in more than 50 events including Badminton, Basketball Field Goals, Bocce, Bowling-Ten Pin, Wii, Bridge-Duplicate, Bunco, Cornhole, Cribbage, 10K & 20K Cycling, Diving, Dominoes-Mexican Train, 5-K Run, Football Throw, Frisbee, Golf, Horse-shoes, Mah Jongg, Miniature Golf, Pickleball, Pool-Eight-Nine Ball, Rowing ERG, Scrabble, Softball Hit & Throw, Swimming, Table Tennis, Tennis, Track & Field, Yo-Yo, Orienteering, Beach Ball Wallyball, Line Dancing, Jigsaw Puzzle. For information visit www.nvso.us.

Successful Aging Committee is a collaborate group providing several City-wide activities for older adults of Alexandria. Watch for registration information on Fall and Spring Robust Walkathons, Dance for All Ages and the Senior Health & Fitness Fair. For more information, call 703.746.5676.

Department of Community & Human Services' Division of Aging & Adult Services offers a variety of programs to residents ages 60 and over including transportation, an adult day health care facility, home visits and case management, home-delivered meals, health insurance counseling and volunteer opportunities. For more information call 703.746.5999.

Senior Centers provide programs and meals to adults age sixty and over who are cognitively aware and physically independent. Recreation opportunities include leisure activities, sharing groups, exercise classes, wellness, nutrition, consumer education, shopping and cultural trips.

The Senior Center at Charles Houston, 703.746.5456

St. Martin de Porres Senior Center, 703.751.2766

The Alexandria Adult Day Services Center is a daytime program for older adults with physical and/or cognitive limitations. Therapeutic recreation programs and leisure activities are available to participants to help increase their physical, mental, emotional and social abilities.

Adult Day Services Center, 703.746.5676

Senior Services of Alexandria (SSA) is a non-profit organization that has as its mission, "to foster independence and self-sufficiency, enabling seniors within the City of Alexandria to age with dignity." SSA operates the Meals on Wheels delivery program and DOT transportation reservations for the City, presents educational programs through various events, a speaker series, and a monthly cable television production, Senior Living in Alexandria. SSA and the Animal Welfare League of Alexandria operate the Animeals on Wheels program, providing food for pets of low-income seniors. SSA's Friendly Visitor Program matches volunteers with seniors for weekly visits, enhancing connections to the community. If you would like to join the effort to enhance the lives of seniors in our community, please contact SSA at admin@seniorservicesalex.org by calling Executive Director Mary Lee Anderson at 703.836.4414 or visit www.SeniorServicesAlex.org.

Safe Place & Bully Free Starts With Me!

Alexandria National Safe Place - A Safe Haven For Youth

Safe Place is a national youth outreach program, which brings together several City agencies to provide immediate help and safety for young people facing abuse, neglect, bullying or other crisis situations. All neighborhood recreation centers and fire houses in Alexandria are Safe Place sites. For more information, contact the Alexandria Safe Place Office at 703.746.5400. For help, text the word SAFE and your current location (address/city/state) to 69866 or 4HELP (44357).




Bully Free Starts With Me

Nearly 40 percent of Alexandria middle school students and 15 percent of high school students report being bullied on school property. The goal of the Mayor's Campaign to End Bullying is to increase awareness about the effects of bullying and to prevent bullying among Alexandria's youth. For information, visit alexandriava.gov/EndBullying.

INDIVIDUALS WITH DISABILITIES

Therapeutic Recreation 1108 Jefferson St. 703.746.5422 VA Relay 711

The Department of Recreation, Parks and Cultural Activities is committed to providing innovative, inclusive, accessible and affordable programs which enhance the health, well-being, and quality of life for Alexandria residents with all abilities.

Look for the  icon throughout this guide for programs designed for individuals with disabilities.

Please contact the Therapeutic Recreation office at 703.746.5422 for more information and to determine whether Therapeutic Recreation programs are right for you or a family member. Participants are required to have an Individualized Education Plan (IEP) or 504 Plan. All programs require an initial assessment and eligibility approval by Therapeutic Recreation staff prior to participation in programs.

GET INVOLVED

City of Alexandria Department of Recreation, Parks and Cultural Activities provides many ways to be active and connect with neighbors. Help shape your community by volunteering. A wide variety of opportunities are available throughout the year, including:

- Advisory Councils:
 - Charles Barrett Recreation Center
 - Charles Houston Recreation Center
 - Chinquapin Park Recreation Center & Aquatics Facility
 - Leonard "Chick" Armstrong Recreation Center
 - Mount Vernon Recreation Center
 - William Ramsay Recreation Center
 - Youth Sports
 - Therapeutic Recreation
- Youth Sports Coaches
- Therapeutic Rec Aide
- Program Support
- Greeter
- Administrative Support
- Park Clean-up & Planting
- Special Event Support
- and more!

For available opportunities, select the link at alexandriava.gov/Volunteer.

Virginia Cooperative Extension puts university knowledge into the hands of people.

With the research and leadership of Virginia Tech and Virginia State University, and support from outstanding citizen volunteers, we provide information, education and tools you can use every day to improve your life. Services are offered in: 4-H Youth Development, Agricultural & Natural Resources and Family & Consumer Sciences. Educational and volunteer opportunities are always available.

Please contact the Alexandria Cooperative Extension Office at 703.746.5546 for more information.

Algo Para Cada Quien

El Departamento de Recreación, Parques y Actividades Culturales, tiene algo para cada quien...en tu vecindario!

Programas y actividades están disponibles

para todas las edades, incluyendo Clases de Natación, Campamentos, Ejercicios & Buena Forma, Ligas Deportivas, Creatividad & Desempeño Artístico, Eventos Especiales, Educación Ambiental, Clases de Enriquecimiento, Programas de Tareas Dirigidas, Recreación Terapéutica, Actividades

Comunitarias & Eventos, Programas para mayores de 55 y más.



La Ciudad de Alexandria opera 11 centros comunitarios incluyendo un centro de arte, instalaciones acuáticas y un centro natural. Los Centros Recreativos Vecinales contienen una variedad de comodidades que incluyen salones de gimnasio para adultos, áreas de juego para niños, canchas de racquetball, salón de arte & manualidades y salones de juegos. Espacios están disponibles para renta y una variedad de paquetes de fiestas están disponibles. Para más información sobre centros comunitarios, comodidades y horas de operaciones, ver página 36.

La Ciudad posee y maneja 500 acres of parques, incluyendo espacios abiertos, parques para perros, campos deportivos, canchas externas, patios de recreo, vías para caminar y andar en bicicleta, la Marina de la Ciudad y el hermoso waterfront. Ver en página 30 el mapa de parques y centros comunitarios. Visite alexandriava.gov/ParkLink para orientación y un interactivo mapa de parques e instalaciones.

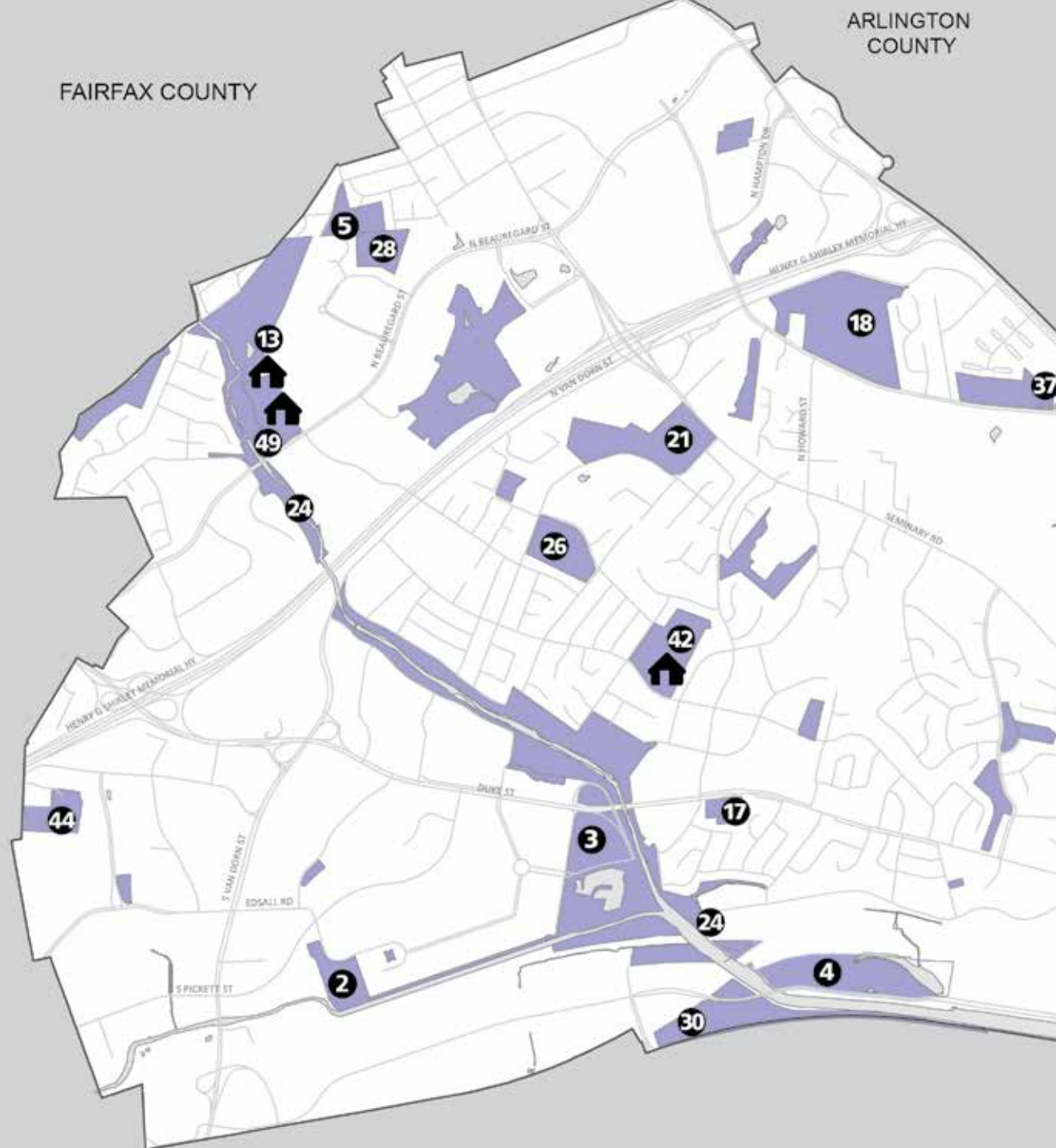
Adicionalmente, el Departamento coordina patrocinios de la Ciudad y eventos privados y maneja el fondo de arte y las Galerias de la Ciudad.



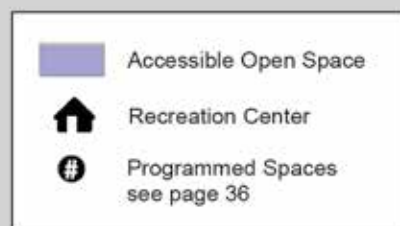
Para registrarse para programas o hacer reservaciones para picnic o uso de instalaciones, visite alexandriava.gov/Recreation o contacte la oficina de registraciones y reservaciones de Lunes a Viernes de 9am a 7pm por el teléfono 703.746.5414 o en persona al Lee Center, 1108 Jefferson St. Se habla español!

Visite alexandriava.gov/Recreation para mas información.

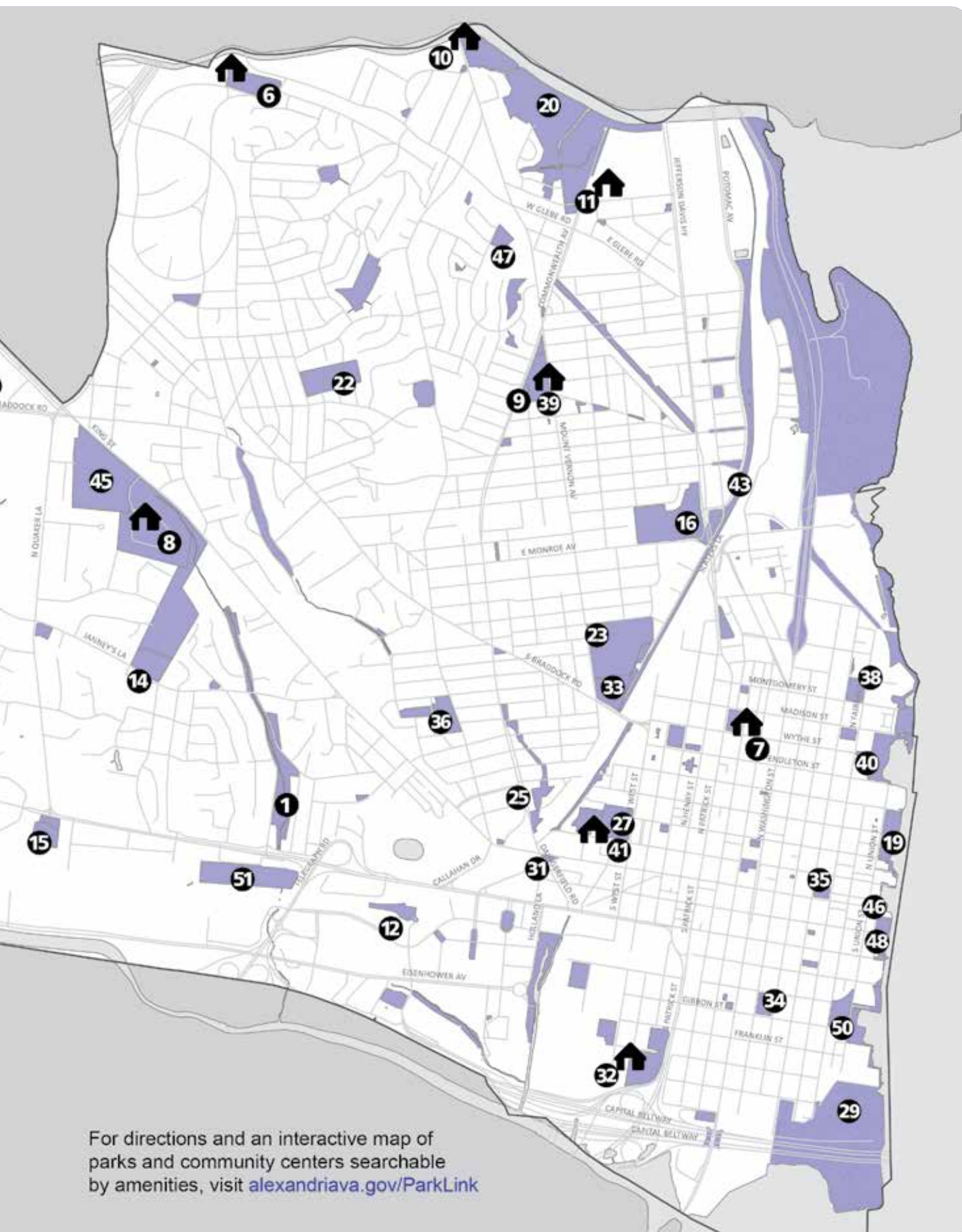
parks & facilities



FAIRFAX COUNTY





















parks & facilities
























































For directions and an interactive map of parks and community centers searchable by amenities, visit alexandriava.gov/ParkLink

programmed parks & facilities

1	Angel Park 201 West Taylor Run Parkway	   
2	Armistead L. Boothe Park 520 Cameron Station Blvd.	       
3	Ben Brenman Park 4800 Brenman Park Dr.	           
4	Cameron Run Regional Park/Lake Cook (NOVA Parks) 3699 Eisenhower Ave.	     
5	Chambliss Park 2505 N. Chambliss St.	     
6	Charles Barrett School & Recreation Center 1115 Martha Custis Dr.	     
7	Charles Houston Recreation Center 901 Wythe St. <i>Pool Seasonal</i>	    
8	Chinquapin Park Recreation Center & Aquatics Facility / Forest Park 3210 King St.	             
9	Colasanto Center 2704 Mt. Vernon Ave.	  
10	Conservatory Center at Four Mile Run Park 4109 Mt. Vernon Ave.	   
11	Cora Kelly School & Leonard "Chick" Armstrong Recreation Center 25 W. Reed Ave.	    
12	Dog Park at Carlyle 450 Andrews Ln.	 
13	Dora Kelley Nature Park 5750 Sanger Ave. Jerome "Buddie" Ford Nature Center	   
14	Douglas MacArthur School 1101 Janney's Ln.	    
15	Eugene Luckett Field 3540 Wheeler Ave. Schuyler Hamilton Jones Skateboard Park	   
16	Eugene Simpson Stadium Park 426 E. Monroe Ave.	           
17	Ewald Park 4452 & 4500 Duke St.	    
18	Fort Ward Park 4301 W. Braddock Rd. Fort Ward Athletic Facility 4421 W. Braddock Rd.	             
19	Founders Park 351 N. Union St.	             
20	Four Mile Run Park 3700 Commonwealth Ave.	             
21	Francis C. Hammond Middle School 4646 Seminary Rd.	   
22	George Mason Elementary School 2601 Cameron Mills Rd.	             
23	George Washington School and Park 1005 Mt. Vernon Ave.	             
24	Holmes Run Park System Holmes Run Pkwy. Tarleton Park S. Jensen St.	    
25	Hooff's Run Park and Greenway 18 A E. Linden St.	             
26	James K. Polk School 5000 Polk Ave.	     
27	Jefferson Houston Elementary School 1501 Cameron St.	    
28	John Adams Elementary School & Recreation Center 5651 Rayburn Ave.	             

Visit alexandriava.gov/ParkLink to see all City of Alexandria parks and amenities.
See page 39 for event sites and information about hosting special events.

programmed parks & facilities

29	Jones Point Park (National Park Service) 100 Jones Point Dr.	   
30	Joseph Hensley Park 4200 Eisenhower Ave.	  
31	King Street Gardens Park 1806 King St.	  
32	Lee Center & Nannie J. Lee Recreation Center 1108 Jefferson St.	       
33	Lenny Harris Memorial Fields at Braddock Park 1005 Mt. Vernon Ave.	  
34	Lyles Crouch Elementary School 530 S. Saint Asaph St.	  
35	Market Square 301 King St.	 
36	Maury School 600 Russell Rd.	   
37	Minnie Howard Field & School 3701 W. Braddock Rd.	       
38	Montgomery Park 901 N. Royal St.	     
39	Mt. Vernon Elementary School & Recreation Center 2701 Commonwealth Ave.	     
40	Oronoco Bay Park 100 Madison St.	     
41	Oswald Durant Center 1605 Cameron St. Old Town Pool Seasonal 1609 Cameron St.	     
42	Patrick Henry Recreation Center 4653 Taney Ave.	 
43	Potomac Yard Park 2051 Potomac Ave.	     
44	Stevenson Park 300 Stultz Rd.	    
45	T.C. Williams High School 3330 King St.	    
46	Torpedo Factory Plaza , 105 N. Union St. City Marina , 0 Cameron St.	 
47	Warwick Pool Seasonal 3301 Landover St.	  
48	Waterfront Park 1A Prince St.	 
49	William Ramsay Elementary School & Recreation Center 5700 & 5650 Sanger Ave.	       
50	Windmill Hill Park 501 S. Union St.	      
51	Witter Recreational Fields 2700 Witter Dr.	 

LEGEND

 Basketball	 Fenced Dog Area	 Playing Fields	 Unfenced Dog Area*
 Benches	 Parking	 Running Track	 Volleyball
 Center	 Performance Space	 Skateboard area	 Walking Trail
 Community Garden	 Picnic Area	 Swimming	 Waterfront
 Farmer's Market Location	 Playground	 Tennis Courts	 Available for rental

*Unfenced sites are marked with bollards

parks & facilities

City Marina

Dockmaster Office 703.746.5487

0 Cameron Street, 22314

alexandriava.gov/Marina

city.marina@alexandriava.gov



Hours of Operation:

November – March

M – Su: 9am-5pm

April – October

M – Su: 9am-9pm

Closed some City holidays.

Parks, trails, quaint restaurants, shops, and historic sites surround the marina. For boating enthusiasts, the marina is a 3 mile cruise from Washington DC and Maryland. In addition to affording a spectacular view of the Potomac River, the City Marina has overnight boat slips plus additional short-term docking space on sea walls and adjacent areas. The City Marina offers docking for pleasure boats and commercial vessels. For boaters who wish to stay overnight, restroom and shower facilities are available. One 30 amp electrical connection and water hose bib (in season) are available for each boat slip.

Boat Slip Lease Information:

The City Marina has year-round leased berths for vessels up to 40 feet in length. At the present time all leased berths are full, however, a waitlist has been established. If you would like to place your name on the Boat Slip Waitlist, visit alexandriava.gov/marina

Sightseeing Boat Tours

Sightseeing and Water Taxi services are available at the City Marina. Water Taxi Sightseeing cruises include Washington's monuments, Alexandria's Seaport and the Mount Vernon Estate. Water Taxi service is available to Georgetown, Mount Vernon and the new National Harbor and Gaylord National Convention Center. For additional information visit the Potomac Riverboat Company at potomacriverboatco.com or call 703.684.0580.

Charter Boats

Private charter boats docked at the City Marina are operated by LA Yachts, 703.868.5566, and Potomac Riverboat Company, 703.684.0580 ext.13.

Open Space



Alexandria adopted the Open Space Master Plan in 2003. The plan seeks to protect, enhance and grow the City's open spaces through an established framework of 15 goals. Since its inception, City staff continues to work with the public to achieve these goals. Over 100

acres have been added to the City's public open space since 2003 through acquisition, dedication or public access and conservation easements. Significant achievements include:

- Acquisition of seventeen parcels, including key Waterfront and Four Mile Run properties, as well as two new pocket park sites
- Receipt of open space acreage through the development process that includes voluntary dedication of properties and public access/preservation easements on development sites
- Recordation of five private property voluntary conservation easements in partnership with the Northern Virginia Conservation Trust.

In addition, the City actively pursues outreach opportunities to increase public awareness of open space preservation. Recent and upcoming activities include conservation easement workshops, ongoing participation in civic association meetings, and regular updates in Department publications.

For more information about the City's open space efforts and activities, as well as a link to the Open Space Master Plan, visit alexandriava.gov/18078#openspace

CONTACT INFORMATION

● DIRECTOR'S OFFICE 703.746.5500

James B. Spengler, Director: james.spengler@alexandriava.gov

● GENERAL INFORMATION 703.746.4343

● PROGRAMS & SERVICES

Aquatics.....	703.746.5435
City Arborist/Trees	703.746.5496
City Marina.....	703.746.5487
Nature & Environmental Education Programs.....	703.746.5559
Out of School Time Programs	703.746.5575
Office of the Arts	703.746.5588
Park Maintenance.....	703.746.5484
Park Planning & Design	703.746.5488
Picnic Reservations & Facility Rentals	703.746.5414

Recreation Classes & Camps	703.746.5414
Senior & Teen Programs	703.746.5575
Special Events & Major Park Rentals.....	703.746.5418
Therapeutic Recreation	703.746.5422
Youth & Adult Sports	703.746.5402

● VA RELAY 711

● 24-HOUR HOTLINES

Alexandria Safe Place.....	703.746.5400
Special Events	703.746.5592
Classes & Camps.....	703.746.5594
Coed & Women Sports	703.746.5595
Men Sports	703.746.5596
Youth Sports.....	703.746.5597
Facility & Fields	703.746.5598

Picnic, Facility & Event Reservations

No matter the occasion, City of Alexandria has a venue to suit your needs. City parks and facilities are great for parties, receptions, weddings, meetings and more. Indoor facilities are available for rental year-round and picnic areas are available for rental April-October.

To start planning an event, follow these simple steps:

1) Find a space

Indoors: Page 40 indicates the indoor amenities available for rental.

Outdoors: Pages 36-37 indicate parks with space available for rental.

2) Contact a specialist

Indoors: To reserve, call the location listed on page 40.

Outdoors: To reserve a field, contact the Sports Office at 703.746.5408. To reserve a park, see below:

Picnic Area Reservations

Call 703.746.5414 about 4-hr

Picnic Area Reservations* at:

- Armistead L. Boothe Park
- Ben Brenman Park
- Chinquapin Park
- Fort Ward Park
- Joseph Hensley Park
- Lee Center
- Old Town Pool

Waterfront Parks

Call 703.746.5420 for hourly

rate information regarding:

- Waterfront Park
- Oronoco Bay Park
- Windmill Hill Park
- Montgomery Park
- King Street Gardens Park

* If your event may include any of the following, please contact Special Events at 703.746.5420 for application and permit information:

- use of moon bounce, amplified sound, propane and/or tent
- admission charge
- reserved parking and/or road closures

3) Finalize reservation

A specialist will provide pricing and application information and confirm availability, then provide information for you to obtain necessary permits for your event. Please refer to the City Special Events Policy at alexandriava.gov/Recreation for more information.

Make your next event special.

The Department of Recreation, Parks & Cultural Activities is committed to making your next event special. A variety of venues are available for large-scale special events and we're here to help get you started.

We can help you with:

- Applying for Special Event Permits
- Weddings on the Waterfront
- Waterfront Park Rentals for events
- Event and Concert Sponsorship Opportunities

**Contact Events & Public Space Activation
at 703.746.5420 for more information.**

Celebrate with us!

Make planning your next celebration easy with a variety of convenient party packages. Contact the hosting facility for reservation information.

★ Pool Party

1 hr. pool and 2 hr. party room for children ages 6 and up, adults free. Max 19. \$149. Optional add-ons: Balloon package \$25; Giant pool inflatable \$75.

Chinquapin Park Recreation Center & Aquatics Facility

★ Soft Play Party

1 hr. soft play room and 2 hr. party room for children ages 0-5, adults free. Max 16. \$149.

Charles Houston Recreation Center

Chinquapin Park Recreation Center & Aquatics Facility

Optional add-ons: Balloon package \$25; Bounce house \$49 (Chinquapin only).

★ Nature Friends Party

2 hr. party featuring live animals, a nature-oriented activity and party room. \$225 for 14 children ages 4-12, additional \$10 per child up to 20 total.

Jerome "Buddie" Ford Nature Center

★ Wow! What A Party!

Throw a party to remember without all the work! Select from a list of themes and a Party Coordinator will take care of the decorations, activities and day-of coordination. Max 35. \$370

Charles Houston Recreation Center

Prices shown are resident rates. 4 weeks notice and receipt of payment are required to confirm reservation.

ParkLink

Connecting you
to active and
open spaces in
your neighborhood



Visit alexandriava.gov/ParkLink to find nearby parks, community centers, trails and more. Search by name, location or amenity.

Get directions by foot, car or public transportation and link to information on the City's website, including reservation forms, fees and more.



community center amenities













○ Amenities On-site

● Available for Rental

Rental hours may exceed operating hours.

Programs may occur outside of operating hours, which may change.

Please call each center for holiday hours.

		Arts & Crafts Room <small>Small/Large Room</small>	Boxing Ring	Computer Lab	Dance Studio <small>Small Room</small>	Game Room	Gymnasium	Kitchen	Meeting Rooms <small>Small/Large Room</small>	Multi-Purpose Room <small>Small/Large Room</small>	Performance <small>Small/Large Room, Auditorium</small>	Swimming Pool	Soft Playground	Racquetball Court	Weight/Fitness Room	Exhibit Space
	Charles Barrett Recreation Center 1115 Martha Custis Dr., 22305 • 703.746.5551 <i>Sept-June</i> — Mon-Fri: 2-6pm <i>July-Aug</i> — Mon-Fri: 9am-6pm	○				○	●	○	●	●						
	Charles Houston Recreation Center 901 Wythe St., 22314 • 703.746.5552 Mon-Fri: 9am-9pm; Sat: 9am-6pm; Sun: 1-5pm Teens — Fri: 9pm-12am; Sat: 6pm-12am	○	○	○	●	○	●	○	●	●		●	●		○	
	Chinquapin Park Recreation Center & Aquatics Facility <i>Hours subject to change.</i> 3210 King St., 22314 • 703.746.5553 Mon-Thu: 6am-9pm; Fri: 6am-6pm; Sat-Sun: 8am-6pm								●	●		●	●	●	○	
	Leonard "Chick" Armstrong Recreation Center <i>formerly Cora Kelly Recreation Center</i> 25 West Reed Ave., 22305 • 703.746.5554 Mon-Fri: 9am-9pm; Sat: 9am-6pm	○			●	○	●	○	●	●				●	○	
	Oswald Durant Center 1605 Cameron St., 22314 • 703.746.5560 Open only for scheduled programs and rentals.	●						●	●	●	●					○
	Jerome "Buddie" Ford Nature Center 5750 Sanger Ave., 22311 • 703.746.5559 Wed-Sat: 10am-5pm; <i>April-Oct</i> — Sun: 1-5pm									●						○
	Lee Center 1108 Jefferson St., 22314 • 703.746.5414 Mon-Fri: 9am-9pm; R&R Office: Mon-Fri 9am-7pm	●			●			●	●	●	●					●
	Mount Vernon Recreation Center 2701 Commonwealth Ave., 22301 • 703.746.5556 Mon-Fri: 9 am-9 pm; Sat: 9 am-6 pm	○		○	●	○	●		●	●	●					
	Nannie J. Lee Recreation Center 1108 Jefferson St., 22314 • 703.746.5550 Mon & Wed: 12-9pm; Tue, Thu, Fri: 12-6pm	○					●	○		●						
	Patrick Henry Recreation Center 4653 Taney Ave., 22304 • 703.746.5557 Mon-Fri: 9 am-9 pm; Sat: 9 am-6 pm	○					●		●	●	○		●		○	
	Torpedo Factory Art Center 105 N. Union St., 22314 • 703.746.4570 Sun-Wed & Fri-Sat: 10am-6pm; Thu 10am-9pm									●						●
	William Ramsay Recreation Center 5650 Sanger Ave., 22311 • 703.746.5558 Mon-Fri: 9am-9pm; Sat: 9am-6pm Teens — Fri: 9-11pm; Sat: 6-11pm	○		○	●	○	●	○	●	●					○	

PARTY PACKAGES



Parties Galore!

Pool Party

1 hr. pool and 2 hr. party room for children ages 6 & up. Max 19.
\$149 Resident rate (adults free). *Add a balloon package with your choice of colors for only \$25, and add a giant pool inflatable for \$75.*

Chinquapin Park Recreation Center & Aquatics Facility, 703.746.5553

Soft Play Party

1 hr. soft play room and 2 hr. party room for ages 5 & under.
Max 16. \$149 resident rate (adults free). *Add a balloon package with your choice of colors for only \$25, and add a bounce house for \$49 (Chinquapin only).*

Charles Houston Recreation Center, 703.746.5552

Chinquapin Park Recreation Center, 703.746.5553

Nature Friends Party

2 hr. party featuring live animals, a nature-oriented activity, outdoor hike and party room. \$225 for 14 children ages 4-12, additional \$10 per child up to 20 total (resident rate).

Jerome "Buddie" Ford Nature Center, 703.746.5559

Wow! What A Party!

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Charles Houston Recreation Center, 703.746.5552



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Prices shown are resident rates. 4 weeks notice and receipt of payment are required to confirm reservation.



DEPARTMENT OF RECREATION,
PARKS & CULTURAL ACTIVITIES

1108 Jefferson Street
Alexandria, VA 22314-3999

Out of School Time

Afterschool fun for
Kindergarten through
6th Grade.

Play, build, learn
and grow with friends!

Homework
Time

Fun
Time

Time with
Friends

Play Time

Time to Shine

Free Time

Have the Best Time!

Meet friends, play, build, learn and grow through a variety of recreation, enrichment and leisure activities. Afterschool fun includes creative and performing arts, music, history, sports, fitness, health, family events, field trips and homework time. See page 22 for details. Join us for an Epic Adventure this school year!